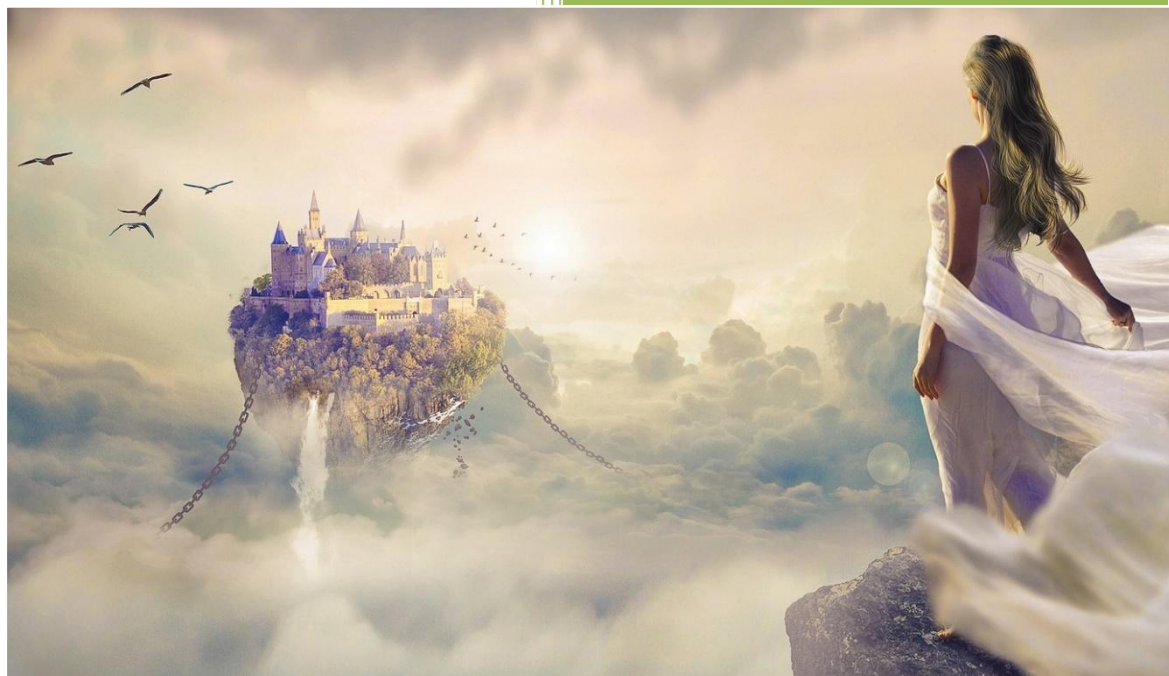


# DreamStalker Expert



[dreamstalker.su](http://dreamstalker.su)



## Electronic mask for lucid dreams «DreamStalker Expert»

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The «DreamStalker Expert» electronic device makes it easy to enter a dream state. To see a lucid dream is to keep consciousness while sleeping with the ability to control your dream. Many psychologists call the science of «knowing dreaming» the most important step in the study of dreams.

Dr. Stephen LaBerge, in his book «Lucid Dreaming», which we recommend you to read, introduces us to techniques developed at the Center for the Study of Sleep at Stanford University. As a result of the research, it was found that any person is able to achieve amazing results, learn to experience lucid dreaming and completely control the flow of his sleep. Managing your life in your sleep, you can dramatically change the quality of waking, real life. The systematic, consistent program outlined in this book will help you overcome long-standing, deeply populated fears, worries and various phobias, master the healing energy of your subconscious and reach a level of physical and mental health that you never had to dream of. With the help of lucid dreams, you can awaken creativity and transfer them to everyday life. You will open the door to a world of new experiences, to new perspectives of perception, to new adventures together with your faithful guide - multifunctional device «DreamStalker».

In the process of lucid dreaming, you open boundless possibilities - you are absolutely free, unlimited and can do whatever you want, literally everything you can imagine in your imagination. To achieve such complete freedom, you need to realize yourself in your sleep. «DreamStalker» was specially designed for this purpose. During sleep, it constantly monitors your condition and accurately determines the time of the beginning of the dream. Next, it gives you special signals that are designed to help you easily realize yourself in a dream and conduct a reality check.

### The main characteristics of the device «DreamStalker Expert»

Central processing unit: ARM Cortex-M4, 32-bit MCU. Contains an integrated mathematical coprocessor FPU (Float Point Unit).

Audio processor: 24-bit ЦАП, 24-bit АЦП, 3D sound features, noise-suppressing filters, automatic level adjustments, etc.

Accelerometer (ultra-low power, 6D/4D orientation detection, motion detection).

Network Protocol Processor ESP32-S0WD (Tensilica Xtensa LX6). Supports Wi-Fi 802.11 b/g/n (802.11n до 150 Мбит/с), Bluetooth V4.2 BR/EDR и BLE.

Standard BLE (Bluetooth Low Energy) is needed to connect a variety of external sensors (optional devices) via Bluetooth to the device while maintaining low power consumption.

The ability to use a unique feature of a full-color universal mind machine that reproduces files with an exclusive code signal «ExpertStrobe» (also reproduced «SpectraStrobe» and «AudioStrobe»). You can download different ready-made files or create your own in special programs from third-party vendors. The «ExpertStrobe» standard has eight channels of control, unlike «SpectraStrobe», which has only six channels. «AudioStrobe» has only two channels (in stereo files). In «ExpertStrobe», six channels are used to control RGB LEDs in the left and right eye, and the two remaining channels can control additional devices (e.g., separate control for the left and right vibrator, control of the frequency and level of transcranial stimulant, etc.) As you know, stimulation of certain compositions allows to achieve excellent results on the entrances to lucid dreaming, improves the quality of sleep, makes dreaming more saturated with various events, allows in some cases to correct the mental state of the person. There may be any contraindication, consult a specialist.

Support for the playback of files with «ExpertStrobe», «SpectraStrobe», and «AudioStrobe» in any mode of operation that uses voice or music playback (this will require a version of the code machine-enabled program).

The ability to use transcranial stimulation (tACS) signal with a customizable frequency, voltage up to 1В and current up to 10uA. Transcranial stimulation (tACS) is considered to be safe for human health in long-term exposure, makes lucid dreaming more vivid, enhances emotional saturation and positive coloring of lucid dreams (requires a version of the program with the function of transcranial stimulation). There may be contraindications, consult a specialist.

The device has two extension connectors to connect external devices or additional sensors. One of them is connected to a cable from transcranial stimulation (tACS) applicators that comes out of the mask.

Support for «microSD» memory cards up to 2GB, «microSDHC» up to 32GB for storing voicemail messages, tips, dream scenarios, dream recordings, sleep music, coded case files, statistics, and other necessary files.

Support for the reproduction of MP3 files up to 320kbps, WAV up to 16bit/48kHz.

Two eye motion sensors (separate sensors for each eye).

RGB visible light LEDs (multicolor) to give clues and light signals to the main machine. Any color can be set with any brightness separately for each eye. The device allows you to create a 36-bit color (Deep Color) for the main machine and other modes.

Built-in standard Li-Pol 1000mA battery. The battery charge is shown digitally on the display with an accuracy of 1%. When the charger is connected, the battery's residual battery symbol starts flashing.

Built-in tablet-type vibrator with a smooth vibration power adjustment. Designed to use vibration as a supplement to light and sound cues or for a full awakening.

Issuing clues in the dream by light signals of a certain color (the color of hints varies in settings).

The device is equipped with a premium mask made of natural leather and suede with metal fittings. According to numerous reviews of users, such a special mask, which has been sold for several years in the «DreamStalker Ultra LX» device, provides a very comfortable sleep-in contrast to the mask of artificial material (polyester), in which the sleeper becomes uncomfortable, the person begins to sweat, and as a result of abundant secretion of sweat damages the device. Such situations were observed in users of earlier versions of the «DreamStalker» family of devices, equipped with cheap artificial polyester masks.

The device is located in the frontal part of the mask, the special design of which provides a calm sleep, excellent ventilation, cooling and no fogging of the forehead.

The device is built into the «tablet» speaker to play voice and music, which develops sufficient power output.

The device is equipped with a USB drive that allows you to access files on the device's memory card by connecting to the USB port of a desktop computer or laptop.

The device is controlled by only three buttons with effective protection from accidental short presses.

The device has an OLED display designed to display the necessary information and perform individual settings through special menus.

All the main settings of the device are done through the web interface. The device creates a Wi-Fi server and displays a page with settings and control buttons directly to the screen of your smartphone, tablet or laptop through any installed Internet browser (Safari, Chrome, Opera, Edge, etc.) without installing any applications.

Recording of hints and voicemails through the built-in microphone on the device is conducted with the highest quality in the format of WAV 16bit/48kHz. Experts in the field of lucid dreaming note the fundamental importance of qualitative reproduction of clues.

Through the web interface, you can upload to the device sound files created by third-party sound recording programs. That is, for example, you can record the message used for the clues in the dream on the voice recorder of the smartphone, and immediately download the message to the device without the use of any wires and additional computers.

The device creates statistics files every time it uses, which keeps a full account of all the events, indicating the real current time of each event. For example, the launch of the Sleep Timer, the triggering of eye motion sensors (indicating the amplitude of motion), the restart of the Sleep timer according to the data from the accelerometer, pressing the buttons of the etc.

A secure, controlled charging of the built-in battery from any charger with a 5V voltage USB output is implemented using a standard micro-USB output cable. The device can also be charged from a computer's USB port, laptop or portable battery.

The device has an audio walk (Jack 3.5mm connector, stereo) on any standard headphones, so as not to interfere with the quiet sleep of the people around you.

Automatic identification of connected headphones with the speaker disconnected.

The built-in high-precision analog-digital converter used for eye motion sensors allowed for the precise sensitivity of the sensors to be implemented. Unique sensors instantly track emerging non-working positions (sensor malfunctioning, heavily pressed to the eye or mask removed). A special software algorithm for processing data from eye motion sensors reliably filters interference from artificial lights, televisions and monitors at 50, 60, 100, 120, 200 and 240Hz frequencies. Now the improved algorithm for analyzing eye movements takes into account not only the amplitude, but also the speed of eye movement (for an even more accurate definition of the dream phase).

Some modes of operation use system voice instructions to help you use the device easily and easily. For example, in the mode of automatic recording of dreams.

The automatic dream recording mode allows you to automate this process (mindful dream experts recommend recording and analyzing your dreams).

The precision built-in voltage stabilizer provides reliable power to the device, using High Accuracy, Ultra-Low Iq, Ultra-Low Dropout, Low Noise technology to deliver the perfect results, stable performance and battery power savings.

There is a special mode of checking the eye movement sensor with sound control and instant identification of emergency situations for high-quality testing and ensuring the reliable operation of the device.

The device uses smooth and convenient adjustments to the brightness of light signals and the volume of sound signals. There are completely separate volume adjustments for pressing buttons, playing voice tips and music, playing system messages, tonal hints, alarm clock volume, etc.

The device provides feedback from the dream (in «Duplex» mode), allowing you to control the device by moving the look during a lucid dream. There is a special testing mode to test and acquire device control skills with a look in «Duplex» mode. The device allows you to do a quick check of the issuance of all tips (light, voice, tonal, vibrational).

Sound files for the device in standard MP3 or WAV format can be recorded and played on a Windows computer or on a mobile device with iOS, Android devices using recording apps, voice recorders or audio editors.

The device provides a simple, easy and understandable software update (firmware) via a Wi-Fi interface (without a cable connection).

There is no need for constant use of the power switch - the device always automatically chooses the most economical mode of operation and goes into battery power mode, saving you from having to remember about power outages.

The device is equipped with a separate specialized controller from Microchip, designed to charge Li-Pol batteries, to ensure accurate voltage control and charging process to maintain battery health, energy savings and long lifespan. The charge controller has the following features and technologies: «High Accuracy Preset Voltage Regulation», «Automatic Recharge», «Automatic End-of-Charge Control», «Low-Dropout Linear Regulatory Mode», «Under Voltage Lockout», «Automatic Power-Down When Input Power Removed», «Precondition Cent of Deeply Depleted Cells».

The electronic components of the device are covered with a case of environmentally friendly, durable and flexible SBS-plastic, which has permission to use in the food industry (the contact of such plastic with food is allowed).

The device automatically monitors the battery voltage before starting functions with potentially high electricity consumption. For example, if the battery is discharged, an error signal will be issued when you try to turn on Wi-Fi. In this case, you need to connect the charger and charge the battery.

The device allows you to share standard files with your computer through the microSDHC card taken out of the slot.

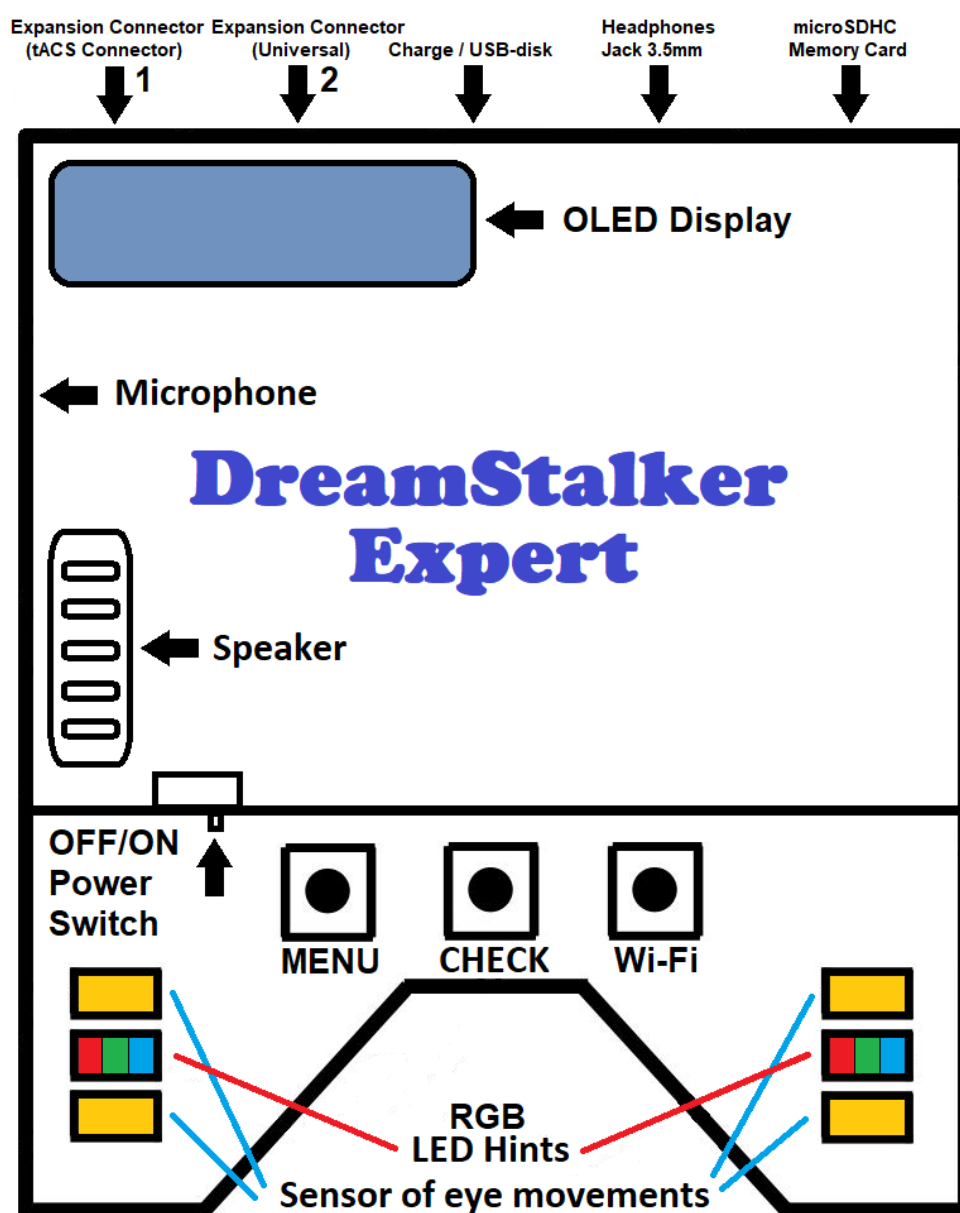
There is a mode of restarting the device program with the restoration of factory settings and several options for ready-made pre-installations for the «Lucid Dream» mode.

Automatic time and date adjustment by clicking just one button on the settings page. Time and date are automatically requested from a connected device (smartphone, tablet, laptop).

The device allows you to choose the themes of the settings pages, the options for displaying descriptions for functions, English or Russian language for display in the settings and for use in voice system messages.

## Device power switch

Before using the device, you need to move the Power Switch to the ON position. «DreamStalker» automatically uses the most optimal modes of energy saving, and therefore does not need to turn off power at the end of work. Use the power switch only if you are planning a long break from using the device (more than a week). Once the power is switched on, you'll need to set a current date and time through the settings page.



## Control of the device

When the power of the device is on, the device display automatically shuts down after a while (to save battery power) if you do not take any action with the device. Attention! The microSD memory card is only allowed to be removed and set back in this mode (i.e., after the device is automatically turned off). Short taps on the «MENU» buttons and «Wi-Fi» only turn on the display without causing any functions to be performed. A short tap of the «CHECK» button always will launch the reality check function, and pressing «CHECK» with a hold when the display is on will start recording the message on the voice recorder. If the display is on, pressing and holding the «MENU» button will turn on the instrument menu, which allows you to select the operating mode (Lucid Dreaming, Mind Machine, Audio-Files Manager) or activate additional licenses for the use of special functions of the device. If the display is turned on, press and hold the button «Wi-Fi» to start Wi-Fi server. When you see a server enabled message on the display, you can connect your smartphone, tablet, or laptop to «DSExpert» Wi-Fi hotspot using the «DSE12345» password. You should then dial «192.168.4.1» in the browser address bar. A page with device settings and control buttons will be downloaded. To complete the work, use the appropriate «Unplug and Turn Off» button on the Settings page or briefly tap the Wi-Fi button on the device. For long-term Wi-Fi, connect the charger to the device to save battery life.

The electronic board of the «DreamStalker» device is inserted inside the mask of black, well-absorbing light, material (natural skin and suede). A schematic image of the electronic board is shown in the picture.

The device is controlled by three «MENU» buttons, a «CHECK» and a «Wi-Fi» placed on a protruding electronic board. To the left of the buttons on the case of the device is a power switch «Power Switch» that can be transferred to the desired position with the help of a sharp object. Left and right on the protruding parts of the circuit board are components of eye motion sensors, as well as RGB LEDs for the right and left eye. The speaker is installed inside the case and has exit holes for sound on the left side of the case. The device is equipped with an OLED display that displays the necessary information: battery charge, current time, running modes, changing button functions (on the bottom line of the display) and also allows you to show the menu to turn on the desired modes and change some settings. There are sockets on the body of the device,

«Expansion Connector 1» and «Expansion Connector 2» to connect a variety of additional devices. In the left socket, Expansion Connector 1) connects a cable from the transcranial stimulation (tACS) applicators located on the mask. Other optional devices can be connected to the right socket. The Charge/USB nest is used to charge the battery (the charger must provide at least 500mA of current) and to connect the device to your computer as a USB drive (you have access to the files on the memory card). The device has a standard Jack 3.5mm stereo socket to connect headphones (the sound switches from speaker to headphones automatically). A microSD memory card is installed in the case through the corresponding cutout. To retrieve the card, click on it with a sharp object and release - the card will come out of the slot. To re-install the card, you need to insert it into the slot before clicking. Remove the card only if the device is not working (i.e., the device does not run any mode of operation). If you're using USB drive mode, be sure to use the «safe disk disconnection» feature on your computer. If you don't comply with these requirements, you may have damage to the file system on the memory card (if it happened, you should format the map in FAT32 with the size of the 64KB cluster and recover all files from a backup source). Just in case, back up your files in advance.

## Instrument beeps

**Long melodic signal** - the device is off (transition to the original state). A **short melodic signal** means confirmation. For example, by pressing a button, a function is successful. **Three separate signals** mean an error, an impossibility of any function or a warning.

## «Lucid Dream» mode

Choosing this mode in the menu will cause the inclusion of a timer falling asleep, that is, the inclusion of the device in the mode of working with lucid dreams. The duration of the timer is set in the settings. To turn off the device (i.e., to get out of this mode) you can press any button. Two weak flashes in front of the eyes will be issued 30 seconds before the timer is triggered, meaning that the 30-second period will be extended for possible extension of the timer exposure. During the extension of the timer, pressing any button will increase the timer's exposure by a certain number of minutes from each click (see the description of this setting on the settings page). After the installation of the new exposure, a confirmation signal will be sounded, and the timer exposure period will be extended.



### **How to get your device to work in «Lucid Dream» mode**

If you've already installed the necessary exposure timer over a Wi-Fi server, then to turn the device into the work is enough to choose the «Lucid Dream» mode in the device menu on the display. After you reset the settings or the power goes off, the exposure of the fall timer is set to the default state. If you need to change this value, turn on the Wi-Fi server and download the settings page as described above. The very first setting is an exposure to a timer in minutes. This exposure allows you to delay the start of eye movements so that the device does not accidentally work from the small movements of your eyelids while you fall asleep. If you want the timer to delay monitoring eye movements for 3 hours, then set the appropriate exposure and click «Write settings». Then click «Disconnect and turn off». Now, to include the device in the work is enough to choose the mode «Lucid Dream» in the menu of the device on the display.

By turning on your Wi-Fi server and downloading your settings page, be sure to set a current date and time. This is done automatically by pressing just one appropriate button. The current time from your device (smartphone, tablet, laptop) is recorded in the device. Once you reset the settings or turn the power off, you need to re-set the date and time.

To turn off the «Lucid Dream» mode, just press any button. If you press the «CHECK» button, reality check signals will be issued after the shutdown.

### **«Mind Machine» mode**

Mind Machine mode uses MP3s (bitrate 256-320kbps) to encode light signals in ExpertStrobe, SpectraStrobe, or AudioStrobe (the coding system is determined and switched automatically). The «ExpertStrobe» and «SpectraStrobe» systems allow you to set the brightness and color of the glow separately for the RGB LEDs of each eye, as stereo files are used (one channel for the left eye, the other for the right). At the same time, you can get almost unlimited number of colors and shades. «DreamStalker» uses 12-bit colors for each color (red, green, blue), which together allows you to get a 36-bit color (Deep Color). Mind Machine mode should be used with headphones.

## How to get your device to work in «Mind Machine» mode

To enable the device in Mind Machine mode, you must select Mind Machine mode on the device menu on display. In the menu, you'll also be able to choose the desired volume of sound, the brightness of the light signals and the directory number on the memory card from which the files will be played. You can move to menu items with [<<<] and [>>>]. Returns from this menu are made in «Return from Menu».

The memory card features the «Mindmachine Files» directory, which contains directories with the names «1», «2», «3» etc., in each of these directories you can hold certain sets of files. When you start Mind Machine, you'll be able to choose which number the files will play with.

You can play the finished files of different manufacturers. For example, free track samples to test the «SpectraStrobe» standard can be downloaded here: <https://soundcloud.com/MindPlace>. You can also use special programs to create your own stimulating tracks. For example, «Neuro-Programmer 3» (for «ExpertStrobe», «SpectraStrobe», «AudioStrobe»), «MindExplorer SW» (for «AudioStrobe»). Special «ExpertStrobe» files will be available as additional devices that are optionally connected to the «DreamStalker» device are released, which are managed in this standard.

The «AudioStrobe» standard, whose files can only contain brightness information but do not contain any color information, is only supported for compatibility with your files. This standard provides monochrome light for stimulation. The multicolored light paintings that you see on some of the main machines that reproduce the «AudioStrobe» signal are essentially just the imagination of the developer of such a mind machine, and have nothing to do with the idea of the author of the stimulating composition.

## License activation mode «License Activate»

The «DreamStalker Expert» can come with a different set of features. For example, a standard version is possible, but there may be special versions, complete with transcranial stimulation (tACS) features and mind-machine capabilities. If you bought a standard version, you can easily buy, for example, an additional license for the capabilities of the main machine, and then activate the necessary functions on your device. Before you buy a license, log on to the device menu on the display, select «Activate License» by clicking «Enter». On the screen will appear the serial number of the

device, which you have to tell us at the registration of the order for the license. In response, we will send you a license activation code tied to your device's serial number. The activation code is entered in the same menu as the serial number. To select the desired menu item, click the [<<<] or [>>>] menu, and then «Enter» by typing the activation code by selecting each number with the [<<<] or [>>>] buttons, and by clicking «Enter» after selecting each number.

## Device control and settings page

The control page and device settings are downloaded by running the Wi-Fi server as described above. Each setting has a detailed description. When you update versions of the device's software, these settings can be changed and supplemented with new settings and additional device control buttons, so this instruction does not address the control page. The page has the option of selecting the theme of design and language, which will show descriptions of settings and control buttons. The page size and content automatically adapt to the size of the device you're viewing the page on. As a result, the device is convenient to work with, using any modern «gadgets» - smartphone, tablet or laptop.

## Description of the device's work in Lucid Dream mode

After turning on the device in «Lucid Dream» mode, the Sleep-timer is counted, which is necessary for calm sleep so that the device does not react to the twitching of the eyelids until you fall asleep. The sleep timer also gives you time to sleep before you start working with the device, which greatly improves the results on the entrances to lucid dreaming, and allows you to feel well rested in the morning.

If you downloaded relaxation music to the appropriate directory on the memory card and allowed the use of these files in the settings of the device, then in 1 minute the music will start playing, which will end 1 minute before the Sleep Timer is triggered.

30 seconds before the Sleep Timer expires, the device delivers two faint light flashes. If you do not have time to fall asleep, now within 20 seconds you can press any button several times (maximum 9 times). Each click will extend the Exposure of the Sleep Timer

by 10 minutes. A few seconds after the last click of the button will sound a melodic beep confirming the extension of the exposure of the Sleep-timer.

After the Sleep Timer is triggered, eye movements are monitored to track the beginning of the desired dream phase.

1. **Monitoring eye movements.** This mode has special algorithms to protect against false positives, so that the device does not give hints when you are awake. The device should send clues when your sleep goes into a phase of rapid eye movements. In this mode, pressing any button will turn off the device.
2. **Pause before the hints.** When eye movements are detected (with the intensity parameters defined in the settings), the device withstands a pause for the development of the dream. The duration of the pause (in seconds) is determined in the settings. In this pause, the device's settings allow you to turn on the transcranial stimulation synthesizer (tACS) with the desired frequency of the electric signal. For example, it is widely known that the frequency of 40Hz allows to stimulate lucid dreaming. The real current of tACS-stimulations highly dependent on the level of skin-galvanic reaction and electrical conductivity of tissues in place of overlay of tACS applicators and can be in the range of 1 to 10 microamps. Transcranial stimulation with the right frequency can increase the probability of transition to a lucid dream and make it more interesting and eventful.
3. **Play «Before Hints» file.** The audio file «up to hints» with the selected number is played (if it is downloaded and its use is allowed in the settings of the device). If this file is downloaded in mp3 format, it is checked for special signals «ExpertStrobe», «SpectraStrobe», «AudioStrobe» (only in the version of the program with a mind machine). When these signals are detected, the colored LEDs opposite the eyes begin to display light stimulation signals with brightness limited to the corresponding value in the device's settings. In this mode, pressing any button will turn off the device.
4. **Hints for entering a lucid dream.** Hints can be light, tonal (sound) or vibrational. Light cues are usually used. You can choose one of the standard

pre-installations or change your settings yourself to determine the right frequency, frequency and duration of a series of flashes of light and tonal signals. If you prefer to use vibration, in the settings of the device you can set the desired level. Vibration can be combined with light and tonal clues. The device has a mode of feedback with the device from a lucid dream, called «Duplex» mode. It has some features. There is no vibration in «Duplex» mode. Light signals of hints do not have rigidly set levels; their brightness gradually increases. You can turn off the clues from the lucid dream in the pauses between the light signals. To do this, several times rhythmically move the view from the sky to the ground and back. You can practice turning off the device in the mode of checking the issuance of hints, having previously turned-on «Duplex» mode. In all the modes described here, pressing any button will turn off the device.

5. **Play «After Hints» file.** The «after hints» audio file with the selected number is played (if it is downloaded and its use is allowed in the settings of the device). The features are completely similar to those available when you play the «Before Hints» file. In this mode, pressing any button will turn off the device.
6. **Play the «Dream Scenario» file.** The «dream scenario» sound file is reproduced with the chosen number (if it is downloaded and its use is allowed in the settings of the device). In this mode, pressing any button will turn off the device.
7. **Pause for the development of a lucid dream.** The device withstands a pause for the development of a lucid dream, so as not to interfere with the sleepy unnecessary repetition of clues during a lucid dream. The duration of the pause (minutes) is set in the settings. All possibilities are completely similar to the first pause for the development of a dream, which is performed immediately after the detection of eye movements. In this mode, pressing any button will turn off the device.
8. **Automatic alarm clock after dreaming.** If the settings include an alarm clock, it will wake you up with tonal signals with a smoothly increasing volume, so that you can safely wake up and write down your dream in a

notebook. You can turn off the alarm at the touch of any button. If you used an alarm clock, but the automatic recording on the voice recorder was not included in the settings, the device will come out of the mode of monitoring the movements of the eyelids and immediately turn off.

9. **Automatic recording of a dream on a voice recorder.** If the settings have an alarm clock on and an automatic recording on the voice recorder is turned on, you will hear a voice invitation to record the message as a sound file on the memory card after the alarm is turned off. Follow the voice instructions for recording the message. If you do not press the button at the appropriate time to confirm the start of the recording on the voice recorder, the recording of the message will automatically be cancelled, which will be made the appropriate voice message. After that, the device will come out of the mode of monitoring the movements of the eyelids and turn off.

**If you haven't pressed the button in the modes of p.8 and p.9. (i.e., you didn't wake up from an alarm clock and from an invitation to record a dream),** the device will again go into eyelid motion monitoring mode and the entire cycle of operation will be repeated until the device is interrupted by the click of any button or exceeding the set limit of the issuance of hints. Remember that for best results, it is recommended to make attempts to enter a lucid dream not every night.

## Battery charging

The device uses automatic control of the process of charge and battery use. If the charge level is too low (i.e., the battery is discharged), you won't be able to run a falling timer or Wi-Fi server. Check the charge level and charge the battery in a timely manner (full charging is recommended before each use of the device). Any charger that has a 5B USB output and provides 500mA or more current output is allowed. You can use chargers from modern smartphones or tablets. You can charge the device from the USB port of any desktop computer or laptop if the port is able to give a current of at least 500mA.

## Recommendations for using the device

You can sleep on your back or on either side as you are accustomed. It is not recommended to sleep down the face due to the increased likelihood of mask displacement relative to normal position. In this case, it is possible to disrupt the normal functioning of eye motion sensors.

Start with pre-set modes of normal wake-up by light prompts (duplex method should be turned off). Once you've learned all the features and features of the device, you can start to pick up the parameters «under yourself» if the need arises. Switch to the use of the duplex method of awakening should after receiving stable results on the entrances to lucid dreaming. Many experts note that it is easy for them to realize the dream on the voice hint recorded by their voice.

The vast majority of users get excellent results using the additional alarm function to record their dreams.

The time of greatest sleep activity, when you can experience lucid dreaming - usually comes after 4-6 hours of deep sleep. Therefore, the optimal time to set a wake-up timer is 4 hours.

Closer to the time of natural awakening dreams appear much more often. If you wake up at this time (for example, when using a third-party alarm clock), you can turn on the device with a timer exposure for 20 - 30 minutes, put on a mask and quickly fall asleep. This method can be used if you do not like to sleep in a mask all night.

The best way to use «DreamStalker» is in conjunction with other methods of induction of lucid dreaming, for example, with such well-known and used methods, the description of which is given in the book by Stephen LaBerge «Exploring the World of Lucid dreaming».

One of these, in our opinion, very effective techniques is «Mnemonically Induced Lucid Dreaming».

In short, the procedure is as follows. When you wake up (naturally or as a result of an alarm clock), start remembering what you dreamed. Try to remember if you dreamed of unusual lights in this dream.

Then close your eyes and, remembering a dream, imagine yourself seeing a lucid dream. Repeat several times: «Next time in a dream I realize that I am asleep». Does it with every dream.

You can simulate the situation using «DreamStalker» by imagining that you are asleep and pressing the [CHECK] button. Then, when you hear the beeps, think to yourself, «I'm asleep, I'm sleeping». Repeat this several times.

It should be remembered that «false awakenings» often occur in sleep. These are dreams in which you are absolutely sure that you have just woken up, but at the same time you remain in a dream. Therefore, when practicing consciously with the «DreamStalker» device, and waking up at night, click on the [CHECK] reality check button to hear the beeps and see flashes of light. If the device works normally, you really don't sleep. If not, you're probably asleep.

During the day, look everywhere for signs of dreams, and often do a reality check (both practices are detailed in Stephen LaBerge). In this day's practice on frequent reality check, another special device «DreamTrainer» (<https://claps.me/dreamtrainer>) will be invaluable. If you're not using DreamTrainer, find flashes of light (reflections on windows, car headlights, floodlights, etc.). At the same time, ask yourself, «Do I sleep»? and check the reality.

It is not recommended to use «DreamStalker» every night, as the brain can get used to the stimuli and begin to ignore them. Try different built-in modes, try to use the alarm clock, then set aside the device for a while and sleep the usual way.

## Duplex-method (feedback from dream)

The special mode «Duplex» implements a special method of issuing clues, when the intensity of light prompts gradually increases. Hints are given in successive series with relatively small pauses. In pauses between light signals, you can turn off the hints, rhythmically moving in the dream several times his look up and down (the device will continue to work as usual). A detailed description is available on the device settings page.

## Special wake-up signals (keys to lucid dreaming)

«DreamStalker» will give you special signals during a dream that will help you realize that you are sleeping. The signals are sent in the form of a series of flashes of light and/or pulsating beeps (depending on the settings chosen). The light will come from the LEDs located in front of your eyes, the sound - from a small speaker located in the body of the device. «DreamStalker» determines that you sleep through a series of quick eye movements that take place in almost every dream. When «DreamStalker» decides that the motor activity of the eyes has reached the intensity of the predetermined threshold, it turns on the signals so that you understand that you are asleep.

This technique of «keys to lucid dreaming» is based on the scientific fact that any manifestations of the environment during sleep can be incorporated into sleep and reach your consciousness. Perhaps you already have such an experience when an alarm bell, phone, or other sounds are woven into your dream, as a natural part of a dream. A series of light flashes works well as the key to a lucid dream, because this signal is soft enough not to wake you up, but specific enough to be identified by you in a dream. The beeps are designed for those who sleep very deeply and do not notice the light signals.

To get the most out of working with «DreamStalker», you need to learn (train your brain) to notice light flashes around you during everyday activity, and each time ask yourself, «Do I sleep»? as soon as you notice such a flash. This is a very important part of working with the device, as «keys» can manifest themselves in dreams in an infinite variety of shapes and species. Most likely, you will see only a part of these «keys» in your dreams. Some «keys» will wake you up, which will give you a great opportunity to enter the OS directly from a state of wakefulness. Other keys will pass your attention completely unnoticed by you. Perfect keys will appear in your dreams several times a night.

## Reality check

An essential part of the process of mastering the world of lucid dreaming is to test the world in which you are currently in, to reality - whether this world is the world of reality or it is the world of dreams. The [CHECK] button on the front of the device makes this check very easy. It is noticed that mechanical devices in the world of dreams behave usually in a different way from the same devices in the world of reality. It turns out that it

is very difficult for the brain to reproduce in your dreams the signals issued by the «DreamStalker» device.

Pressing the [CHECK] button on the front of «DreamStalker» results in consistent playback of sound signals with flashes of light (the LEDs are included for eye lighting) if you are awake. In a dream, however, the [CHECK] button will work very differently. Chances are you won't hear the sound at all, but something strange will happen. Thus, this button is very useful for reality check. Because people who do «DreamStalker» often have dreams when they wake up in bed with a mask on their face, or walk in public in this mask. The key, of course, is the solid installation that is necessary every time you realize that you have a mask on your face, check the reality in which you are, by pressing the [CHECK] button. If you don't hear consistent beeps and don't see light after clicking, it's very likely you're sleeping!

## Using brain features

Knowing how your brain works during lucid dreaming is very important for working with the DreamStalker. Stephen LaBerge, in his book «Exploring the World of Lucid Dreaming», described many useful exercises. The most appropriate ones to work with «DreamStalker» are in this guide. The various descriptions of sleep situations, given next, will allow you to understand how dodgy the brain can be, interpreting external signals in sleep and the fact of pressing the [CHECK] button. Exercise to find light in everyday life will give the opportunity to train the brain to find wake-up signals in your sleep. Read the information here carefully and then start exercising.

Types of embedding the brain of a sleeping person in their dream signals device «DreamStalker» can be conditionally divided into three categories.

In the first case, flashes appear in a dream disguised as different phenomena or simply as a series of flashes, which you can observe just as it does in reality.

The next type of signals comes after clicking the reality check button.

The third category is the appearance in the dream of «DreamStalker» itself as such. This, by the way, is one of the most effective ways to realize yourself in your sleep, noticing that you are walking in a mask «DreamStalker»!

As you read about the experiences of others who have seen dreams with DreamStalker, just imagine yourself in their place, that you sleep and see it. In cases where a person who sees a dream is mistaken about the interpretation of signals, tell yourself that you will never make a mistake in interpreting signals after seeing such a scene. Imagine seeing these signals and say to yourself, «This is DreamStalker, I'm sleeping right now».

Important! Despite the fact that THE LEDs at «DreamStalker» can give red, green, blue, as well as various other colors and shades of glow, do not think that this light will be the same in your dreams. More often than not it is white or even any other color.

## Examples of dreams with camouflaged light hints

(descriptions of dreams from users of the device)

Alternating rows of small red and blue light bulbs flashing in sync gave me the opportunity to realize that I was dreaming.

Flashes of light at an exact interval, like a clock.

When we finally broke through the three awnings, the sun shone very brightly.

I ran across the surface of a dried-up Salt Lake on a bright sunny day.

Bright flying saucers or airplanes circled around me.

I was in a huge structure deep underground. This structure was controlled by a central computer. I ran down level after level, trying to hide from his all-seeing eyes. I saw a flash of light and realized that the computer noticed me. When I saw the second flash, I realized that the computer was trying to trap me and ran faster. When I woke up, I realized that the computer was «DreamStalker» and that he was trying to tell me that I was sleeping and dreaming!

I was working on unloading a truck sent by a group of employees. Suddenly, a blind flash of light filled the whole scene. I covered my eyes with my hand from the strong light and yelled, «Turn off the turn signal»! as if the light was coming from the turn signal on the truck.

I'm in a spaceship. Looks like we're boarding. During the battle, all the lights were flashing on board.

The wall behind the backs of the three miners playing cards looked like a huge sparkling transparent diamond, reflecting the other walls with the correct geometric pattern.

I see soft flashes of light in a tall building against the starry sky.

I see a new pond I don't know. The sun bounces off the surface and flashes sparks.

Sparkling white light fills the giant birdhouse, reflecting brightly on the bars of cells.

We're looking after the fridges. A friend of mine found a stop signal mounted on a frame with a control handle, and amused by sending me yellow flashes of light.

I saw flashes of light when I opened the oven.

I can see the reflection of light from the window.

We're running away from Big Brother in the woods. I ask my daughter if she took the flash with her. She replies that she has taken and makes several flashes in my direction.

I'm being chased by a police car with sparkling lights.

I'm at home with my close relatives. The lights in the room are extinguished several times in a row from power outages.

I'm walking down the street. Someone twice installs next to the pyrotechnics, which explodes.

As soon as I went out into the doorway, the bright light reflected from the car parked in front.

I'm in a big house with students. Suddenly announce the threat of an earthquake and begin to flash the lights of alarm.

The bush is entangled with neon garlands.

I'm having lunch with my parents. The light starts to flash, and my first feeling was irritation at my mother, that she lit a light in the room, but the next moment I realized that it was «DreamStalker».

When I looked under my bed, the lamp downstairs was so bright that I couldn't see anything.

I left a meeting of secret national security agents and went home. When I reached the passageway, I was literally stopped by a wall of red and white light. My first thought was that it was a disinfectant light (like ultraviolet light), but then I realized (because I trained in advance) that it was «DreamStalker»!

The gap between the buildings on the opposite side of the street blinded me with sunlight.

The strange red-and-white light comes from a strange upside-down computing machine.

I am surrounded by bubbles that periodically burst with a flash, leaving behind orange circles.

It is a huge, sparkling mandala in the form of concentric circles (mandala is a graphic symbol of a complex structure, the main magic diagram, widely used in Buddhist and Hindu tantrism, as a visual aid for contemplative practice).

I see beautiful formations of gold and yellow diamonds that sparkle, filling the entire field of my sight.

Dad turned on the light in the room, which seemed too bright, then the light became much weaker, and I thought that the light bulb had burned.

The scene suddenly changed from a dark night to a bright afternoon.

## **Examples of dreams with undisguised signals**

When I saw the flashes of light, I thought, where are they from? Because in my dream, I took off my mask.

I see flashes of light and press the [CHECK] button - no effect. I think it's great, so I'm sleeping!

I see flashes of light in my dream, and my first thought was, «DreamStalker»!

A bright red light poured into my eyes.

## Examples of dreams at the touch of a button

I woke up and pressed the [CHECK] button in a mask. I almost believed that I woke up because I heard the sound, but then realized that I did not see the flash, then I tried to click again. Again, no effect. Then I got up, took off my mask, and saw that I was in another bedroom and saw my body sleeping on the bed.

I saw the flash and pressed the CHECK button to check the reality. It didn't work, but instead of realizing I was dreaming, I rationalized it, I took off my mask and «discovered» that I had «broken» the button.

I woke up and pressed the [CHECK] button, it didn't work, and I realized I was in a dream.

I went back to bed and tried to reach for the mask to do a reality test. My hands seemed stiff and very heavy. I hardly got to the CHECK button, but nothing happened.

I thought I woke up with a mask on my face in my car, which for some reason was in the grocery store. I pressed the CHECK button, but nothing happened. «Hurrah! I'm still sleeping»!

Someone asked me what was on my head, I said it was «DreamStalker». I was very confused because I realized that I was walking around with a mask on my head and I looked pretty stupid. I pressed the CHECK button, nothing happened and I realized that I was asleep.

I set the parameters in my «DreamStalker» device. I needed to press the reality check button. It doesn't work. I click over and over again, but it still doesn't work. I'm electrocuted, I'm asleep!

I think I'm awake and trying to get out of bed. I press the [CHECK] button and I hear a fancy sound like a Boeing, I press the button again and I hear the same sound again. But it's the wrong sound - I must be sleeping!

«DreamStalker» starts to give flashes of light, I press the button to stop it because the light is very bright, but flashes of light continue. Broken, contagion - I think I'm shifting the mask on the forehead. But the flashes continue right in my eyes. I'm in a dream! I'm aware of that.

«DreamStalker» flashes in my eyes, and I think it's very strange because the mask hangs around my neck. I think maybe I'm sleeping. Then I put on a mask and press the [CHECK] button - it doesn't work, which confirms that I'm asleep.

I'm sitting in bed. Painted with gold foam, crumbles and falls by rain from the cells on the billboard. It's weird», I note to myself. Suddenly I realize that I have a mask in my hand and press the CHECK button. Nothing happens, and I gleefully shout my mom's version of her dream: «It's a lucid dream»!

## **Presence in dreams of the «DreamStalker» device**

In the dream I wear «DreamStalker». Every counter tries to explain to me how to achieve a lucid dream, and I get annoyed - after all, I wear «DreamStalker» - what else can I do?

I wake up in bed with a «DreamStalker» mask on my face, but somehow, I don't know what that thing is. Every time the lights come out, I take off that mask and I think I'm finally awake, but it's over.

I woke up and I could feel the mask on my face. I hear music and voices, like someone's talking on the phone. I get up and go to the next room, tell them to stop making noise. The woman in the next room looks at me very puzzled, as if thinking, «What does this strange mask do on her face»?

I'm in bed with a young man who wants to make love to me, but suddenly notices that I have a mask on my face. I'm explaining to him why he needs it.

## **Remark about frightening or unpleasant inclusions of signals in a dream**

As you read these descriptions of various dreams, you may have noticed that the signals are very thinly embedded in the fabric of dreams. Our brains are trying to turn them into something ordinary from our daily lives. But not always flashes of light turn into something pleasant. In fact, we often see flashing lights, like alarms, lights on special vehicles. In movies, flashing light bulbs often accompany all sorts of explosive devices. With this interpretation you may encounter in a dream. We get such feedback sometimes.

There's nothing wrong with that. «DreamStalker» signals can't do you any harm, no matter what kind of dream they take in your dreams. Any manifestation of signals in our dreams gives us a great chance to realize ourselves in a dream. In addition, the appearance of «bad» signals gives you the opportunity to train in managing the reality of dreams. Ask yourself: «Is this really that dangerous, what does that really mean, and how can that help me»? In a lucid dreaming, you can change anything you want and direct the flow of sleep in a positive and constructive direction.

## Exercise «Watching the Lights»

### 1. Make a list of lights.

Title its «Lights in Reality». Now look around you and mark any light source in your immediate surroundings or anywhere else. Put them all on your list. For example: a desk lamp, a computer screen, a reflection of a lamp in a mirror, sunlight. Do not reject reflections, electronic devices and even very bright colors. Signals in dreams can appear in any guise.

### 2. Create as full a collection of all kinds of lights as possible.

Carry this sheet with you all the time. As soon as you see any light source that is not in your collection - put it there. For example, it can be different types of lamps, road lights, lights, cars, etc. If any light source has paid your special attention (explosion of electro lamps, too bright lights in the store, bright headlights of a passing car, etc.), specifically mark it.

### 3. Use these lights as signals to perform a reality test.

Every time you see a bright light source, test for reality. Imagine that you are asleep, you have realized yourself in your sleep and do something typical only for sleep, for example, flying.

### 4. Make a habit of finding light sources everywhere.

Keep collecting a collection of lights and doing a reality test until it gets into your habit.

## Three ways to enter the world of lucid dreaming with the «DreamStalker»

### 1. Recognize «DreamStalker» signals in your sleep.

In the lucid dream provoked «DreamStalker» a sleeping person sees an unusual light in a dream scene (for example, the lights in the room began to flash), and realizes that these are the signals of «DreamStalker» and realizes himself in a dream. By recognizing the «DreamStalker» signals, and then realizing that you are asleep, you can do whatever you choose.

**To facilitate the process of signal recognition in a dream, during the day it is very useful to conduct a training session with a compact device «DreamTrainer» that will allow you to develop a habit of reality verification at the sight of a series of flashes of light.**

However, it is important to remember that «DreamStalker» signals appear in dreams in various forms from dreaming to dreaming. Of course, it happens that the signals are similar to each other, but carefully peering into the surrounding space and noticing the sources of light, each time perform a reality check.

A typical mistake of people starting experiments on entering lucid dreaming with or without the device is premature awakening, while the dream is not yet sufficiently developed. This problem can also be linked to «DreamStalker», as the signals it sends can lead you to wake up. Fortunately, there are techniques to help you stay dreamed of. One such technique is rotation. These techniques are described in the books of Stephen LaBerge.

### 2. Waking up in other Worlds: Using fake awakening to achieve lucid dreaming.

Since «DreamStalker» can accidentally wake you up in your sleep, it gives you a great opportunity to enter into a lucid dream through a false awakening. False awakening is a dream in which you dream that you have just woken up! After «DreamStalker» wakes you up a few times, you may have a belief that the next time the signals turn on, you'll wake up again. However, very soon the signals may turn on, you will think that you woke up again, but in fact you will continue to sleep at this time. Then in your bedroom will begin to happen very strange, to put it mildly, unusual things, and you will need all your critical mind to realize that you are still asleep.

You can turn «DreamStalker»-induced false awakenings into lucid dreams by simply diligently performing a reality test every time you think «DreamStalker» has woken you up again. Use the reality button on the device and listen carefully each time and look at the signal to see if it is different from the actual signal being fed by the device when you're not actually asleep.

If you have removed the mask, then carefully check your bedroom, try to look at the digital clock or any text - whether the numbers and letters in front of you do not change. If something's wrong, you're probably asleep.

### **3. Take mindfulness with you - fall asleep consciously.**

Entering lucid dreaming directly from a state of wakefulness is one of the oldest methods for achieving sleep awareness. Tibetan Buddhists practiced the technique of crossing the boundaries of reality and sleep, remaining conscious, after all, for thousands of years. «DreamStalker» can help you get awakened lucid dreaming.

«DreamStalker» sometimes causes awakening from a state of sleep. When you wake up in the middle of a dream, your brain remains in a special state and is able to get back into sleep very quickly. Therefore, at least «DreamStalker» and woke you up, but you are able to go back to the dream, keeping the intention to remain conscious.

## **Storage, operation and cleaning of the device**

When the device doesn't work (i.e., you don't start a sleep timer, Wi-Fi and other modes aren't turned on), it goes into economical mode of energy consumption. You can turn off the appliance completely with the power switch. Store the switched off in a dry, dark place at room temperature. Do not wipe the appliance with solvents or other liquids. Keep it clean, preventing any contamination on the electronic parts of the device, as contamination of the electronic board and some other parts can cause malfunctions in the device. Remove pollution with dry soft cotton cloth or cotton discs, use a clean brush or brush for hard-to-reach places. Do not transfer the electronic board of the device extracted from the mask from hand to hand to another person and do not put the device on metal objects - it will help to protect the device from damage by charges of static electricity (especially in winter).

## Device software update

There are two ways to update the device program:

1. The firmware file must be downloaded in advance and placed on the device (smartphone, tablet, laptop) from which the update is carried out. Don't change the name of the firmware file. On the settings page, open via Wi-Fi interface, find the update section of the program. Use the file selection form and the «Update» button.
2. Rename the firmware file to «firmware.bin» and place it in the root directory on the memory card. Turn off and then turn the appliance back on with a power switch. The program will be automatically updated and the firmware file will be removed from the memory card. This method can be used even if there are some emergency situations during the upgrade and the main program of the device cannot be launched.

Don't touch the device, don't press the buttons, don't interrupt the upgrade process with other actions. If completed, the updated device program will be automatically launched.

## Warranty

Guarantee life of the device - 1 year from the moment of purchase if you have a receipt. Guarantee obligations are removed in case of failure of the device in case of any mechanical damage to the circuit board and parts of the device, when opening the case, when the device is poured with water, sweat secretions, solvents or other liquids, when the device is contaminated, when the device fails as a result of the discharge of static electricity.

## The technical support of the device

Technical Support Website: <https://dreamstalker.su/en/support/>.

Technical Support on e-mail: [info@razrab-pro.ru](mailto:info@razrab-pro.ru).

You can buy «DreamStalker Expert» and «DreamTrainer» in our online store at the following link: <https://claps.me/catalog/pribory-dlya-osoznannykh-snov/>.