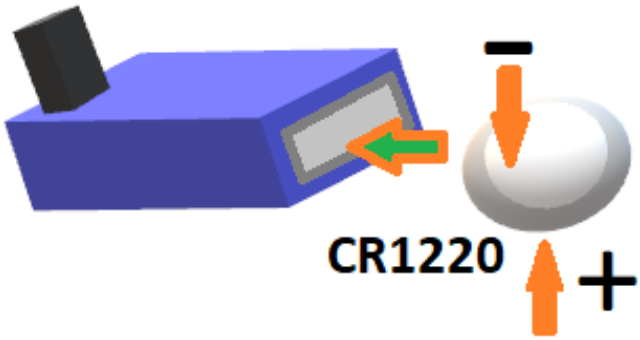
Instructions for the device «DreamTrainer»

The device "DreamTrainer" is designed to give light tips in order to remind you of the next reality check (awareness) in the waking state. A reality check is a test of your condition (whether you are asleep now or not). The device "DreamTrainer" is attached to the arch of the glasses on the right side of the face in such a way that the light from the LED that gives out clues is in the field of view of the right eye. You can use glasses with diopters or sunscreens, it does not matter. Clues are issued when changing the position of the head or the entire body of a person in space (tilt, turn, nod, jump). To determine the position of the head, "DreamTrainer" uses a built-in high-precision accelerometer, the sensitivity of which is easily adjusted to different levels so that the device can work both on the easiest movements and on sharper and stronger movements (at your request).

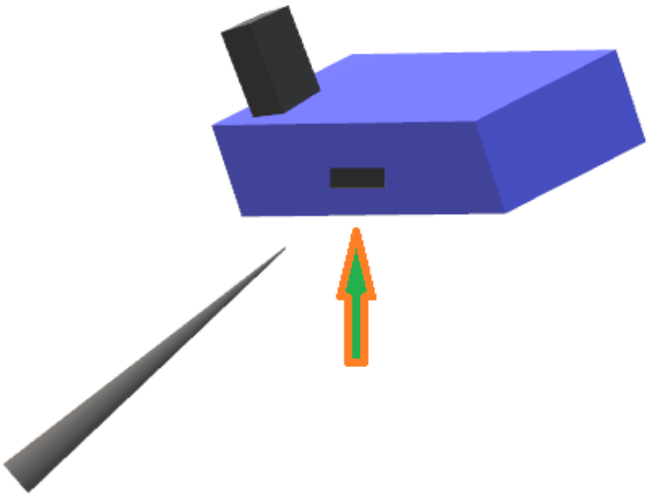
The main purpose of the device "DreamTrainer" is training to control and maintain mindfulness. In fact, such training boils down to teaching yourself during the day to frequent reality checks (mindfulness). If you train yourself to check reality during the day, in a state of wakefulness, then at night, when you sleep, you will easily remember that you should check reality, do it and immediately switch to a lucid dream. This approach also makes it easier and more reliable to enter into a lucid dream with any devices from the "DreamStalker" series, which are designed to expand the possibilities of working with lucid dreaming. We recommend using the latest, most advanced model "DreamStalker Expert", which has convenient control via Wi-Fi. You will be able to record the dream scenario you need to watch the "dream on demand", you will be able to use voice prompts or vibration to enter a lucid dream, automatically record your dreams and much more.

Of course, you will be able to train during the day completely on your own, without using the “DreamTrainer” device, but you will forget about the reality check, most likely, at those very moments of high motor activity, in which it would be necessary to check reality. Hence, sometimes there is the problem of entering into a lucid dream. In a dream, you will not be able to check reality, even after seeing clues from the “DreamStalker” device. Your brain will simply add these clues to your dream, like flashing car lights, glowing buttons, sun glare... and you will sleep sweetly, forgetting that special clues have been received from the lucid dreaming device. It is annoying, of course, because it is only necessary to remember that "these are the clues of the device, and you need to check the reality", as you will immediately go into the state of lucid dreaming. This will be exactly the same lucid dream that can be completely controlled and done in it, literally everything that only comes to mind.

Starting to use and setting up the device



To turn on the device, remove the protective strip from under the battery. When power is applied, the dreamTrainer device automatically checks its performance. In case of successful passing the test, the device will produce three LED flashes. If the accelerometer in the device is faulty, the LED will constantly turn on and off every 2 seconds. To power the device, a lithium battery CR1220 with a voltage of 3V is used. When replacing the battery, it is necessary to observe polarity, otherwise the device may fail, and the resulting overheating of the lithium battery can lead to more serious consequences. Install the battery, strictly observing the polarity, as shown in the figure.



The device "DreamTrainer" has one button hidden in the hole, which is pressed by some sharp object. The button allows you to check and change, if necessary, the sensitivity threshold of the built-in accelerometer and the pause time (time of insensitivity to movements) between the operations of the device.

A short single press of the button will show the set threshold for the accelerometer's sensitivity to movement in space. The number of blinks of the LED corresponds to the set value of the sensitivity threshold. The lower the sensitivity threshold value, the higher the sensitivity to movements, and the easier the changes in the position of the head will be felt by the DreamTrainer. When the power is interrupted and then applied (if the battery is removed and reinstalled), the default sensitivity threshold is set. When using the device, it is recommended to choose the most comfortable threshold for your living conditions.

Number of LED flashes	Selected threshold level
1	2
2	4
3	8
4	16
5	24
6	32
7	40
8	48
9	56
10	64

Pressing a button with a long hold allows you to select the level of sensitivity threshold you need. That is, to select a level, you should press and constantly hold the button. The LED number of flashes will show the set level (from 1 to 10). At the time when the LED will show the number of flashes you need (or immediately after the number of flashes you need is shown), release the button. The LED will once again show the selected level with flashing, so that you have no doubts about the correctness of setting the selected level. The correspondence between the number of LED flashes and the selected threshold level of operation is shown in the table (do not forget that a lower value corresponds to a higher sensitivity).

Two short presses in a row on the button cause the display of the set pause time (time of insensitivity to movements) between the operations of the device. If the device is triggered, then during the pause time it will no longer work for any movements. This is done to exclude constant triggers when quickly moving up the stairs, when riding a bicycle on an uneven road, etc. The correspondence between the number of LED flashes and the selected pause time is shown in the following table.

Number of LED flashes	Selected pause time
1	3 sec
2	30 sec
3	1 min
4	2 min
5	4 min
6	8 min
7	16 min

A short press of the button, release, then a constant press with a long hold allows you to select the pause time you need (the time of insensitivity to movements) between the operations of the device. That is, to select the pause time, you should briefly press the button and release, and then immediately press again and hold constantly. The LED number of flashes will show the set pause time (see table). When the LED shows the number of flashes you need, release the button. The LED will once again show the selected pause time with flashing, so that you have no doubts about the correctness of setting the selected value.

Use of the device and recommendations

The "DreamTrainer" device, with each trigger to move the head, produces three light flashes, and then a small period of insensitivity of the device to movements is forcibly established so that the device cannot constantly trigger movements when you, for example, climb stairs. After seeing the signals of the device, you should check the reality to find out whether you are sleeping now or awake. It's very easy to check reality. Do something that cannot be done in reality, such as rising in the air above the floor, holding your hand through glass, or simply "piercing" the palm of the other hand with the finger of one hand. It is clear that you will not be able to do this, but the reality will be checked, which was required. There are various other, more intricate techniques. For example, you can carry a piece of paper with some text that you need to read to check reality. In a dream, a person cannot read. When trying to read in a dream, the text on a piece of paper will begin to blur or turn into some squiggles, it will not be possible to read it. If the text is short (for example, a one-word logo of a brand), then it is possible that you will be able to read it once, since the brain may perceive it simply as a picture, but if you turn away and then try again, the text will change. Why this happens is unknown. Another interesting way is to close one eye and try to see your nose with the other. In a state of wakefulness, it is easy and simple to do this, but in a dream, it is impossible to perform this action. Again, it is not known why this happens, but the method works perfectly.

You can use the electronic device "DreamTrainer" for the purpose of automatic reminders about the need for another reality check (awareness) in various techniques and methods of self-development and self-improvement.

If possible, do a reality check as often as possible throughout the day. The more often you check reality, the faster the habit is developed, and the more likely it is that you will begin to do a reality check during the dream. In this case, the easiest entry into a lucid dream is guaranteed to you, especially when using the "DreamStalker" device, which tracks your dream and automatically gives out clues exactly at the right moment of your dream.

If you constantly do the same reality test, then after a while such testing may lose its effectiveness. That is, it turns out that in a dream and in reality, the test will give the same result. In this regard, it is recommended to do several reality tests at a time and periodically change them.

Remember your dreams and identify moments or actions that often happen in a dream and in reality. For example, you often dream that you are at your workplace. Train yourself to do a reality check at your workplace, when you are really there, then the chances of realizing yourself in a dream will increase many times over.

Be sure to do a reality check (mindfulness), even if you are absolutely sure that it is not a dream. After a while, you will be very surprised that you are wrong quite often! And you can be heartily congratulated on the fact that you have learned to easily enter the magical world of lucid dreams.

Official technical support team of the device: https://vk.com/dreamtrainer.

Website of the online store: https://dreamstalker-shop.ru/.