



Lucid Dream Back To Bed Method

You've read about how important it is to [keep a dream journal to achieve lucid dreams](#) and you've also read about how to [perform reality checks](#) throughout the day to help achieve lucidity in your dreams. Hopefully you have read and are sold on the validity of both of those steps. Now the next piece of the puzzle is called the back to bed method - with many other names associated with this general strategy. So what do I mean by the back to bed method? I'm glad you asked!

The back to bed method, in its simplest form, refers to waking up during the night, then going back to sleep with the very deliberate goal of immediately going into REM sleep and slipping into a lucid dream. There are many variations of this strategy. One is waking up after 4-6 hours of sleep, staying up for a bit - a bit being enough to get your mind going - anywhere from 5-60 minutes - and then going back to bed - again with the goal of immediately having a lucid dream. And again, there are many methods which use a similar approach - they are all basically waking up in the middle of the night and then trying to go back to sleep with the intention of a lucid dream.

If you were paying attention in the previous paragraph, you'll notice that I said you wake up 4-6 hours after you've gone to sleep, stay up, and then go back to sleep. Why wake up at all? That is a very astute question, and there is a very scientific answer for that. When we go to sleep, we initially drift into deeper sleep where we don't really dream. Then as we sleep through the night, our sleep begins to alternate between deeper sleep, with no dreams, and lighter sleep, where dreaming occurs. We are looking to wake up 4-6 hours after we first go to sleep because we want to get to the area in our sleep where the deep sleeping cycles have almost completed and we are only experiencing our lighter dream cycles.

This also explains why it is very difficult to experience a lucid dream when first going to sleep at night, and in fact it is almost a waste of time to expend the energy trying to lucid dream immediately after going to sleep for the first time each night. Your brain is almost certain to go into the deep cycle sleep where no dreaming occurs when you immediately go to sleep. So there is no reason to attempt lucid dreaming at the beginning of the night.

So let's get into some more details about this so-called wake back to bed method of achieving the lucid dream state. You know that when you first go to sleep your deep sleep cycles and long and extra deep at the beginning of sleep. You also now know that as you sleep, your dream cycles become longer and more common compared to the deep sleep cycles. And you know that you want to wake up 4-6 hours after going to sleep so that when you do go back to sleep, you are more likely to enter the dream state directly. So when you go back to sleep, you go back to sleep with the express purpose of having a lucid dream. That is the entire science behind this method in a nutshell. Keep in mind that different people will need different amounts of sleep before the dream states are more common and longer. You can experiment with the amount of time you spend sleeping in order to maximize the likelihood of going directly back into a dream.

Why get up after 4-6 hours? On the one hand, you want to be able to go back to sleep rather quickly. At the same time, you also want to avoid falling back asleep in too much of a sleepy state. Your mind really needs to be aware as you fall asleep so that you can more likely achieve that lucid state. If you simply wake up and roll over and go back to sleep, you are very unlikely to even remember to attempt a lucid state in your next dream. Get up, get out of bed, and go do something. Experiment with the amount of time you spend out of bed. For some people 5 minutes is enough. For others - 20 or 30 or even 60 is necessary in order to get to the point where they are awake, yet are still able to fall back to sleep without much problem. Maybe you've already had some dreams that night - this could be a good time to go ahead and record the dreams you've had so far!

So as you fall back asleep, be deliberate about your desire to lucid dream. Tell yourself you are going to lucid dream. Imagine yourself experiencing a lucid dream. And just relax and let the dream state come. And remember to keep your [reality checks](#) in mind as you drift off to never never land.

A question for you - why do you want to lucid dream? What do you want to experience? Let's discuss that next!