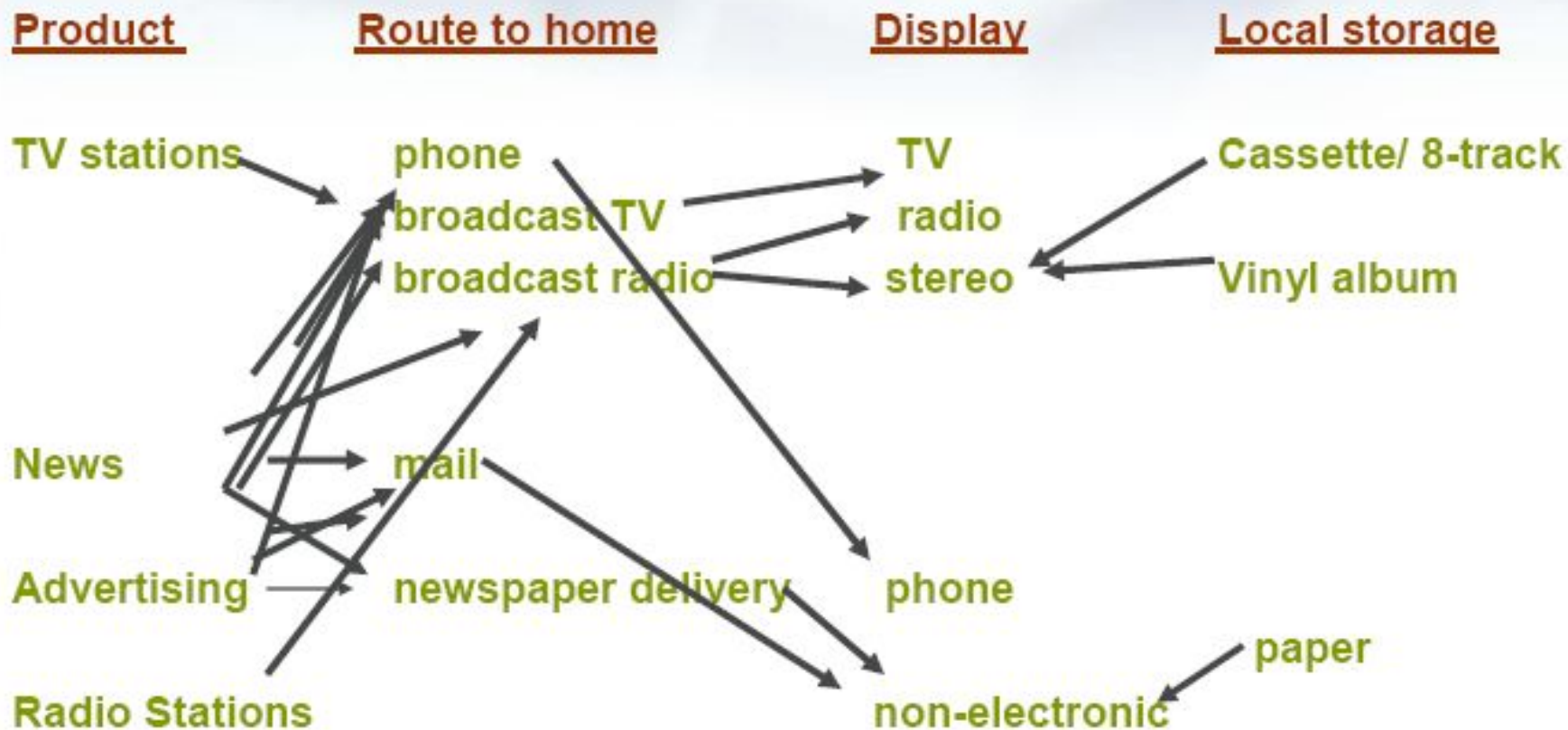


Background

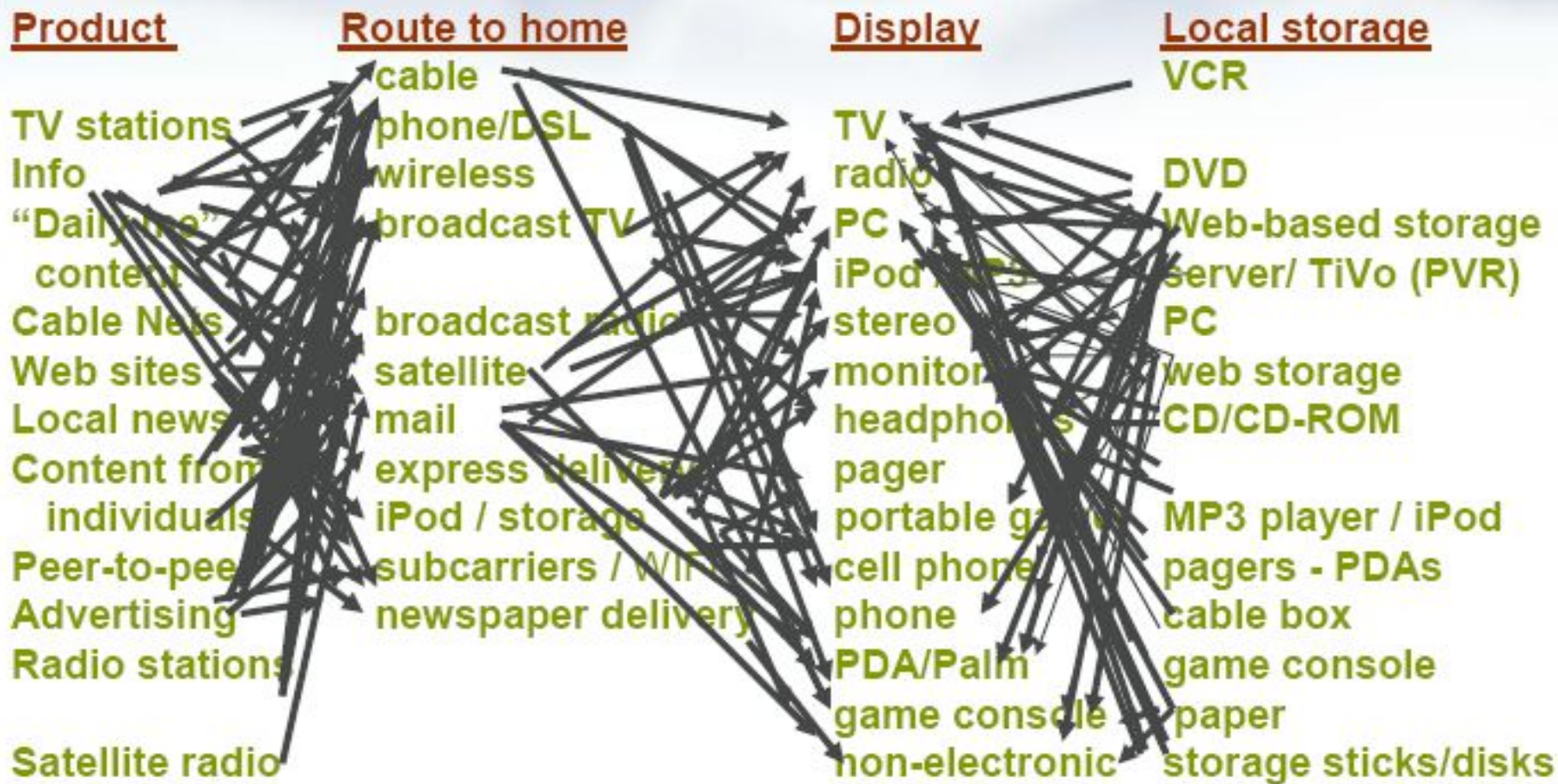
- previous studies showing lucid dreams associated with video game play
- Based on reflections on dream history
- Need recent dream reports
- Video game play only one form of electronic media in wide use today
- Other media use also asked about

Home media ecology - 1975



Tom Wolzien, Sanford C. Bernstein & Co

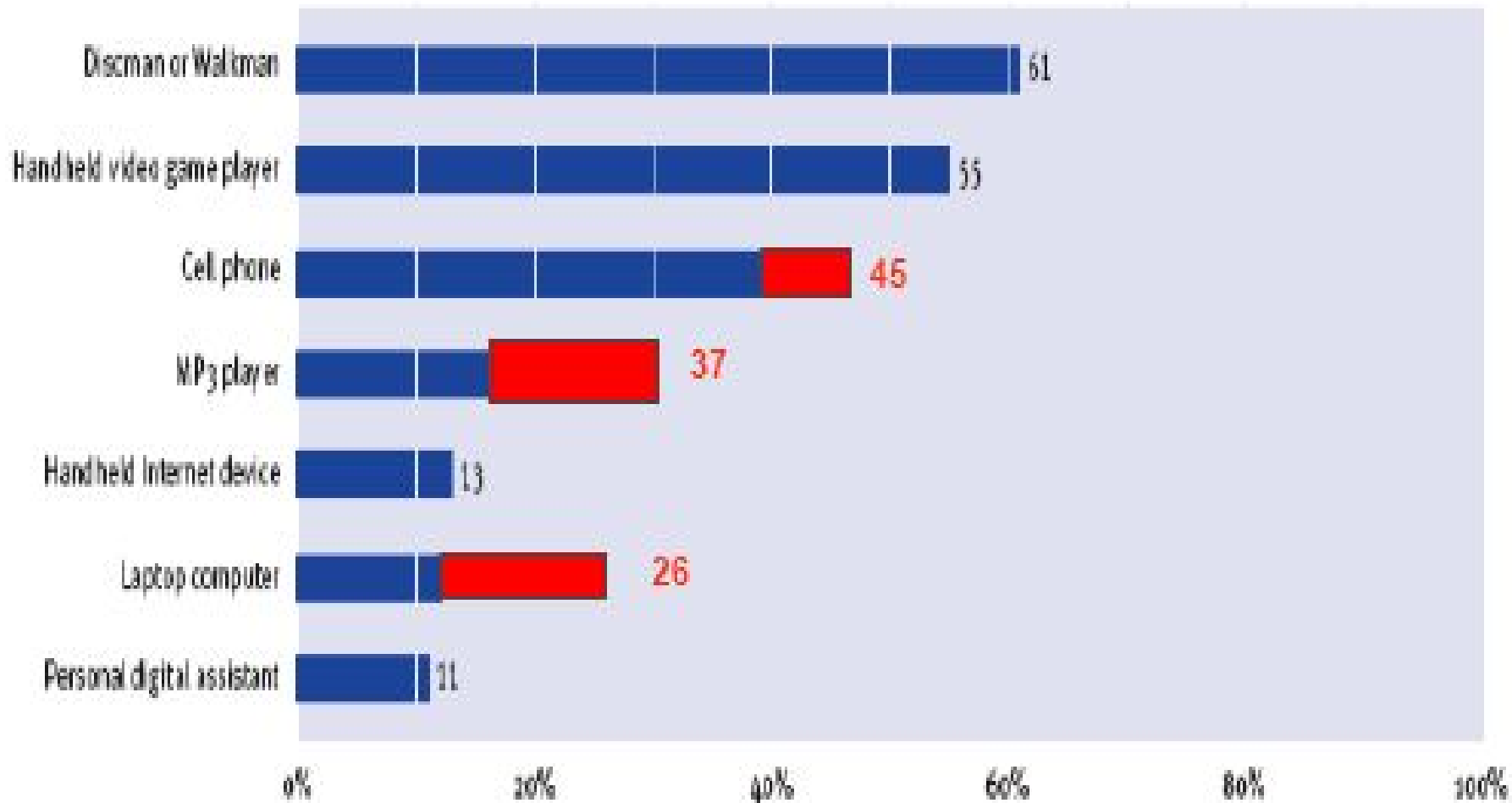
Home media ecology – now



Adapted from Tom Wolzien, Sanford C. Bernstein & Co

Portable Media Ownership

Percentage of 8- to 18-year-olds who have their own...



Time Spent With Media

Average amount of time spent with each medium per day, among 8-18 year-olds:

Kaiser Family Foundation, Generation M, March 2005



Time Spent With Media

Average amount of time spent with each medium per day, among 8-18 year-olds:

Kaiser Family Foundation, Generation M, March 2005



DECEMBER 25, 2006 / JANUARY 1, 2007

www.time.com

TIME

PERSON OF THE YEAR



You.

Yes, you.
You control the Information Age.
Welcome to your world.

Research Question

- How is this media immersion affecting dreams?
- Hypothesis: Media immersion will be associated with lucid and control dreams but not with nightmares.
- Controls:
 - Morning after dream
 - Rested

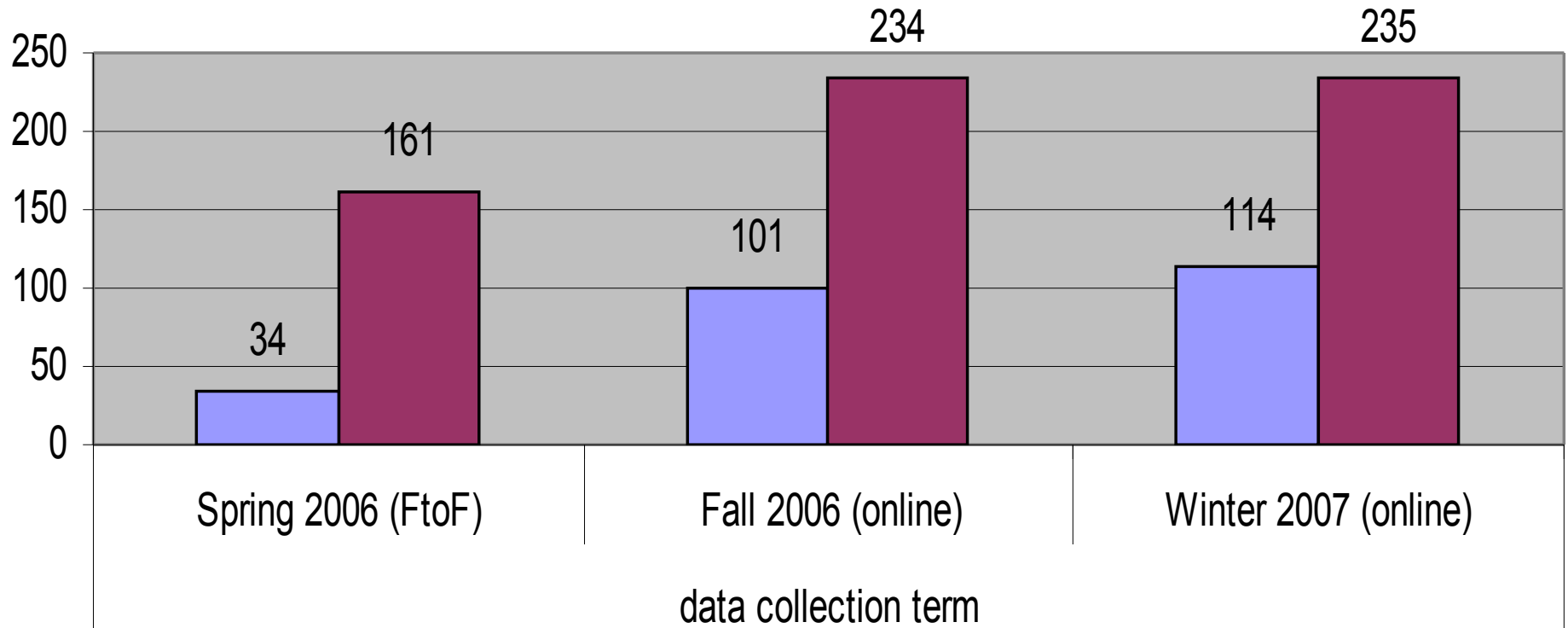
Data Collection Time X Gender

Total of 880 S's
from GMC
classes

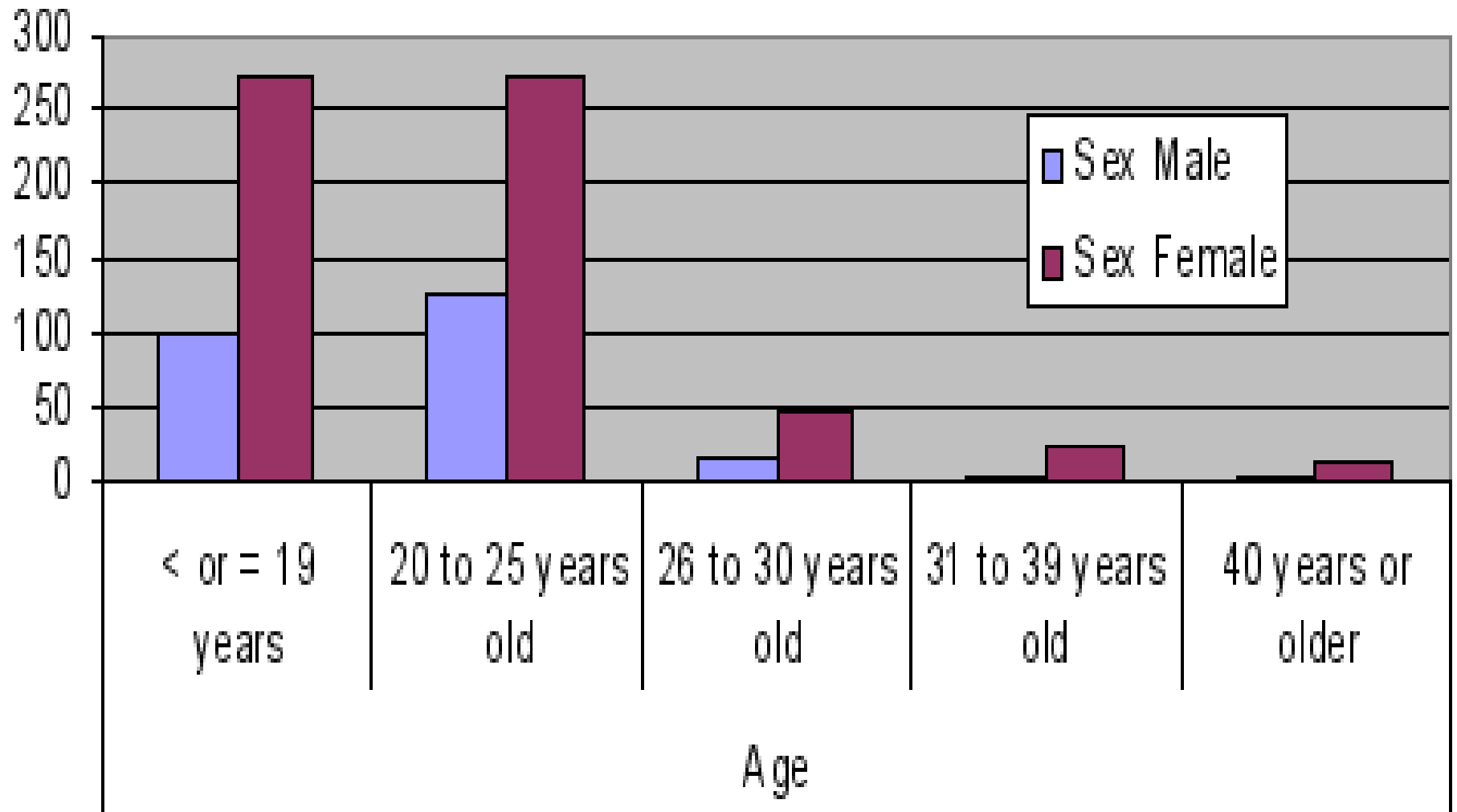
Gender by Data Collection Time

Male

Female



Sex by Age of Participants



Dream Report Question

- First thing in the questionnaire
- Report a dream: “Please enter into the dialogue box below your most recently recall dream. Although this is preferred to be from last night if you do not recall a dream from last night then sometime last week, month or year. Or later if that is all you recall.”

Sleep Quality Questions

- How long ago was the dream?
- # Hours of sleep on the night of the dream
- Typical hours of sleep to feel rested
- Dreams for analysis were chosen if:
 - Last night
 - Rested (had typical amount of sleep)
 - N = 152

Dream Reported

- Subject asked to answer several questions regarding the dream they reported.
- Types of dreams
 - Clarity of recall
 - Lucid
 - Observer
 - Control
 - Nightmare
 - Media

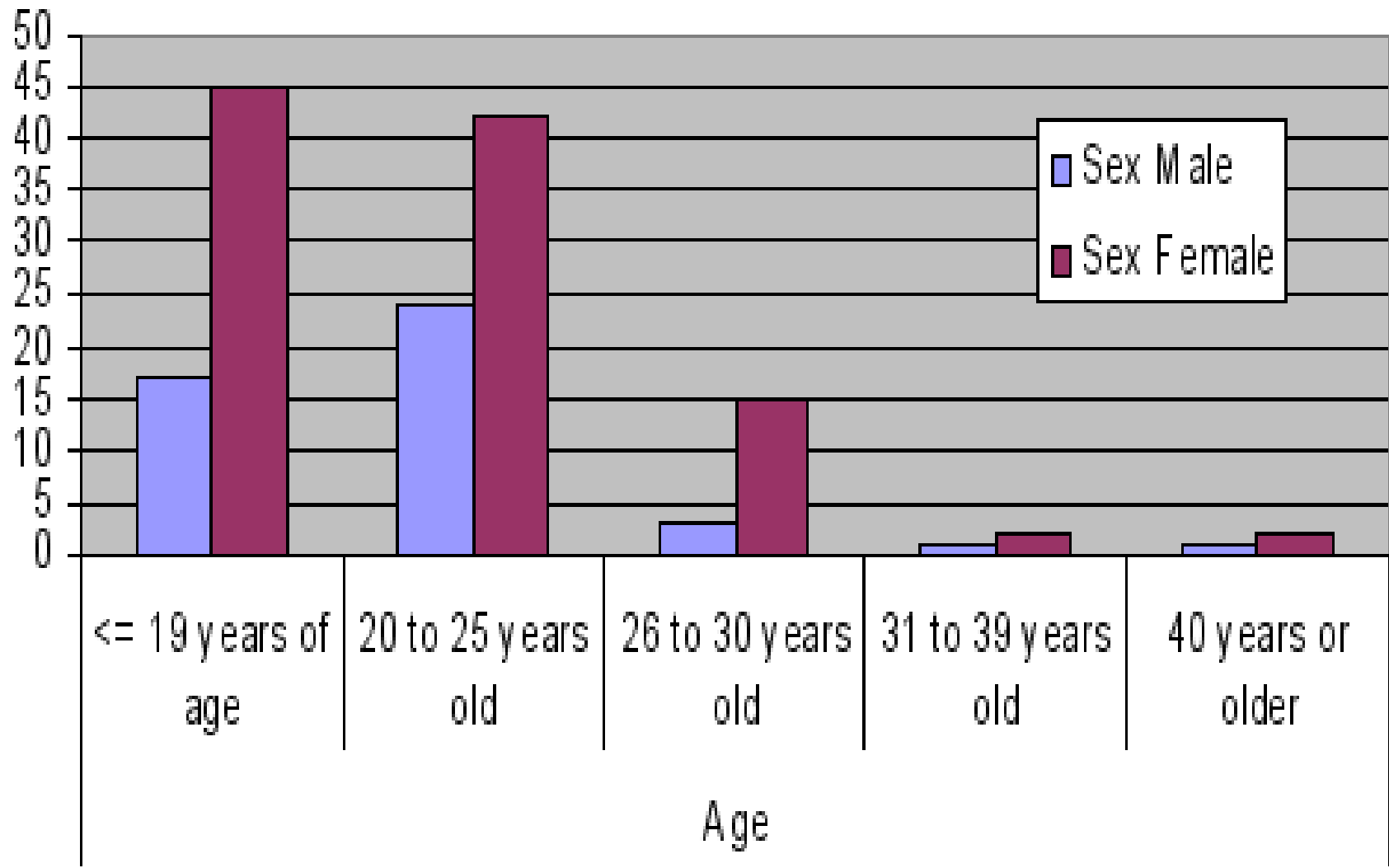
Media Use Asked About

- Types of media used “the day before the dream you reported” (reported in number of hours)
 - Cell/land line phone
 - CD/MP3 player
 - TV/DVD/video/movie
 - Computer/internet
 - video game (computer/console/handheld)
 - Radio (online/on air/satellite)

Video Game Play Questions

- How often do you typically play video games?
- How long is your typical playing session?
- How many different video games in any formats have you played to date?
- How old were you when you played your first video game?
- Converted to z-scores, totaled, split in thirds and subjects classified as low, medium, or high players

Sex by Age of Last Night Dream Reports from Well Rested Subjects



Last night, rested dreams, N = 152	Extraction Method: Principal Component Analysis.				
	1	2	3	4	5
Clarity of dream	-.001	-.446	-.104	.162	.699
Lucidity	.391	-.469	-.292	.208	-.143
Type of Observer (hi=3 rd per)	.121	-.259	.293	.611	-.494
Control	.527	-.303	-.495	-.088	.064
Nightmare	.185	-.262	.575	.397	.285
Electronic media	.025	.531	-.393	.574	-.013
mean of audio only media (phone, radio, CD/mp3)	.436	.257	.551	-.200	.114
mean of audio and video media (TV/DVD, movie)	.413	.518	-.105	.291	.288
mean of interactive media (computer/internet, vid gm)	.718	.208	.069	-.110	.056
gamer groups (0 = non- gamer, 1 = low, 2 = mod, 3 =	.653	-.103	-.004	-.231	-.273

Why?

- Electronic media increasingly approximate virtual reality
 - Low end audio only
 - Then audio and video, no interaction
 - Most immersive is audio and video with interaction

Why? Parallels VR/lucidity

- **Virtual Reality (video games)**

- Most completely experienced in video games but to a lesser extent in other electronic media (technologically constructed)
- Video gaming has been associated with improved spatial skills
- Low motion sickness needed to play a lot
- High absorption is reported by players

- **Lucidity (control dreams)**

- Mental construction of dream world with no outside input through senses
- Lucid dreamers show better spatial skills
- Lucid dreamers have better vestibular systems (not susceptible to motion sickness)
- Meditation is highly associated with lucidity and is training in developing one pointed absorption (especially concentrative forms like TM)

Implications

- **As electronic media increasingly are becoming more virtual reality**



**Video Clip from CBC's
David Suzuki "The Nature
of Things: Race for the
Future - Computers 2006"**

5:10 to 7:11 or 9:10

Implications for Consciousness Development

- Do these preliminary results imply that lucid/control dreaming will become very widespread?
- What happens if most people have lucid and control dreams?
- What happens when these experiences are NOT guided by thousand year old traditions which embed them in wider teachings designed to help the individual?