

## Dream Disruption

# EOG / Vibrating Wearable

The EOG is measuring your eye movements during sleep. As soon as you enter REM Phase your eyes will move rapid (Rapid Eye Movement). When this will happen a small vibrator on your arm is vibrating, telling you that you are asleep.

### STEPS

- 1 Measure your EOG while asleep
- 2 As soon as you enter REM, your eyes will move rapidly and trigger your wearable to vibrate.
- 3 You will feel the vibration in your dream without waking up and hopefully have a lucid dream.
- 4 After you exit your REM phase, the wearable is vibrating stronger and wakes you up.
- 5 You can immediately write down your dream and afterwards go to sleep again.



### GOAL

- ▶ What has the sleep/dream/waking process for an influence on our sleep behaviour? Can we really remember more dreams if we wake the dreamer up just after the REM phase?



## Dream Disruption

# Wearable API to trigger Events

Through a wearable your dream states are measured and send to a processing code through an open API. Specific dream states will trigger specific sounds or vibrations as well as light stimulus. After your dreamed you will be awoken to immediately capture your dream.

### STEPS

- 1 A wearable is measuring your sleep.
- 2 During specific sleep states, different stimulus will be experienced
  - How did you feel during the dream?
  - How did the scenery look like?
  - What other things did happen?
  - Is there something important that needs a deeper description?
- 3 Draw a dream image matching to your story. Capture just the most important scene and use colors to give your dream more depth.
- 4 After a few days, look back on the dream you written and drawn down & see if you can still remember it the same as just after you woke up.

### GOAL

- ▶ See how creative I can be interpreting my dreams on paper and how much they still reflect my dreamings.

