

Lucid Dreaming

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The objective of this experiment is to investigate the effect of Lucid Dreaming on improving motor skills during waking life. In order to prove this theory three groups of 8 were recruited as a control group, a dreaming group and a non-dreaming group. The dreaming group is asked to shoot 10 basketballs during the day, at night they are asked again to practice this motor skill during their lucid dream. The next day they will try performing the same task they did earlier. The second group (non-dreaming group) is asked to perform the same task, but it's only fair to let them practice this skill in the waking life, so this group is given around 30 minutes to practice on shooting baskets (knowing that this is the average length of the last REM stage before waking up is 30 minutes) and are asked the next morning to perform the task again. The third group, also known as the "control group" similarly to the two other groups is asked to shoot 10 basketballs the first day but this group is not allowed to practice. The next day they are asked to shoot another 10 basketballs. After Performing the motor skill in the waking life and practicing on it whether in there waking life or dream world the second day all three groups are asked to perform the motor skill (shooting 10 baskets) and the results are observed. The average of baskets of each group is then compared the next day.