

The 30-Day Lucid Dreaming Protocol

A night-by-night plan built on the techniques with actual evidence behind them — targeted memory reactivation, MILD, and WBTB. No app required, though Lucid North automates the cue and timing when it launches.

This is a self-experimentation guide, not medical advice. If you have a sleep disorder or your sleep is already disrupted, talk to a doctor before deliberately waking yourself in the night.

The three things you're training

- **Prospective memory** — the habit of remembering to notice your state. This is what reality checks build, if you do them with real doubt.
- **A cue** — a specific sound or phrase you associate, while awake, with the question "am I dreaming?" so it can carry into a dream.
- **Timing** — REM periods get longer toward morning. The last two hours of sleep are where almost all lucid dreams happen, so that's where the effort goes.

Week 1 · Foundations (nights 1–7)

Daytime: 6–10 reality checks, each with genuine doubt — nose-pinch breath test + look at your hands + ask "how did I get here?". Tie them to doorways, phone unlocks, and anything mildly odd.

Night: keep a dream journal. On waking, before moving, lie still and replay whatever fragment is there. Write it down — even one image. This is the single highest-leverage habit; recall must come before lucidity.

Night	Do this
1–2	Journal on waking. Pick your cue phrase: "I notice I'm dreaming."
3–4	Journal. Start reading your entries back before bed, looking for recurring signs.
5–7	Journal. List your 3 most common dream signs (people, places, themes that recur).

Week 2 · MILD (nights 8–14)

MILD (Mnemonic Induction of Lucid Dreams): as you fall asleep, repeat your cue phrase with intention while vividly imagining you're back in last night's dream and this time you *realise* it's a dream. Picture yourself doing the reality check and it failing.

Night	Do this
8–10	MILD at lights-out. Keep journaling. Keep daytime reality checks.
11–14	MILD, and if you wake naturally in the night, do it again then — that repetition close to REM is where it works best.

Week 3 · WBTB + MILD (nights 15–21)

Wake Back To Bed: set an alarm for 5–6 hours after you fall asleep. Get up for 15–30 minutes — low light, read a page about lucid dreaming, fully wake up. Then go back to bed and do MILD as you fall asleep. This is the highest-yield technique in the protocol.

Do this on 2–3 nights of the week, not every night. You need the sleep, and an over-used wake-up loses its effect.

Night	Do this
15, 17, 19	WTB at ~5.5 hours + MILD on return to bed. Journal everything.
16, 18, 20, 21	Normal nights: MILD only, keep recall sharp.

Week 4 · Consolidate (nights 22–30)

Goal: find the version of this that fits your life and could run for months. Most people land on: daily journaling + daily MILD + WBTB twice a week. Drop what you won't sustain.

If you've had a lucid dream by now: practice *stabilising* it — rub your hands together, look at the ground, say "I'm dreaming" out loud in the dream. If you haven't: extend WBTB to 3 nights and make sure your daytime checks still carry real doubt. It often takes 3–6 weeks.

Night	Do this
22–26	Your sustainable mix. Journal, MILD nightly, WBTB x2.
27–30	Same. On night 30, review your journal: recall trend, dream signs, what worked.

Where the app comes in

Lucid North trains the audio cue with you before bed, then plays it back during the last stretch of the night — the part of WBTB that's hardest to time by hand — at a volume tuned to reach a dreaming brain without waking you. It also keeps the reality-check prompts varied so they don't go stale, and gives you a fast journal for the 30 seconds after you wake. The protocol above is the method; the app removes the alarm-clock math.

☐ You're on the Lucid North launch list. We'll email you once when the beta opens — planned for Q1 2026 — and nothing else.

Questions: hello@trynorthapps.com · trynorthapps.com/lucid-north