# Article information:

How to Lucid Dream (Even if You Think You Can’t)
<https://www.wired.com/story/how-to-lucid-dream/>

# Article summary:

1. Lucid dreaming is a metacognitive state where you become aware of your existence inside a dream and can control aspects of it.

2. To increase the frequency of lucid dreams, start by building your dream recall through writing down your dreams every morning.

3. Look for patterns or themes in your dreams and use the illogical nature of dreams to help recognize when you are dreaming. Additionally, try waking up early and going back to bed to increase the likelihood of having a lucid dream.

# Article rating:

Appears strongly imbalanced: The article is written in a biased or one-sided way, and the information it provides is not trustworthy enough to be considered a reliable source. You should consult other sources to find reliable information on the presented issues.

# Article analysis:

The article titled "How to Lucid Dream (Even if You Think You Can't)" provides a basic overview of lucid dreaming and offers tips on how to achieve it. While the article presents some useful information, there are several areas where critical analysis is warranted.

Firstly, the article lacks a balanced perspective on the topic. It primarily focuses on the positive aspects of lucid dreaming and assumes that everyone wants to experience it. However, there are potential risks associated with lucid dreaming that should be acknowledged. For example, some individuals may experience sleep disturbances or difficulty distinguishing between dreams and reality. By not addressing these potential risks, the article presents an incomplete picture of lucid dreaming.

Additionally, the article relies heavily on anecdotal evidence and personal experiences rather than scientific research. While it mentions experts and their opinions, it does not provide any empirical evidence to support its claims. This lack of evidence undermines the credibility of the information presented.

Furthermore, the article promotes a specific book on lucid dreaming without providing alternative resources or perspectives. This promotional content raises questions about potential biases or conflicts of interest.

The article also fails to explore counterarguments or alternative viewpoints. It presents lucid dreaming as something that can be achieved with practice but does not address skeptics who believe it is not possible for everyone. By ignoring opposing views, the article perpetuates a one-sided narrative.

There are also missing points of consideration in the article. For instance, it does not discuss potential psychological implications of manipulating one's dreams or how lucid dreaming may interact with mental health conditions such as anxiety or depression.

In conclusion, while the article provides some basic tips for achieving lucid dreaming, it lacks balance, scientific evidence, and consideration of potential risks and counterarguments. Readers should approach this information with caution and seek additional sources for a more comprehensive understanding of lucid dreaming.

# Topics for further research:

* Psychological implications of lucid dreaming
* Risks and drawbacks of lucid dreaming
* Scientific research on lucid dreaming
* Criticisms and skepticism of lucid dreaming
* Lucid dreaming and mental health conditions
* Alternative perspectives on lucid dreaming

# Report location:

<https://www.fullpicture.app/item/0a55ecdda6a2273ed23c335ea4e3f710>