



Dr. K's Guide to Mental Health

Practice | Techniques around Sleep | Notes

We are very aware of two states of consciousness (waking and sleeping) and yet, we aren't really aware of the state of sleep. Many people are interested in meditation as an avenue to explore consciousness, in techniques like lucid dreaming, or even weird stuff like astral travel.

This is a useful technique to start to explore the boundaries of our consciousness. Doing this technique is the first step to strengthening awareness to be present, even during sleep and dreaming.

Practice 1: Catching the moment of sleep

- Observe yourself during the moments leading up to sleep
- Notice your awake state
 - "I am awake, I am awake, but a bit more tired"
 - "And then more tired"
- Notice sleep is coming
- Just watch as it takes over
- And then catch the moment of sleep

Practice 2: Awareness in Dreaming

- Practice telling yourself throughout the day that you are dreaming
- Take life and dreams seriously
- Train your mind, through repetition, of the awareness that you are in a dream