

SLEEP MASK - AFFORDABLE LUCID DREAMING

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ROADMAP

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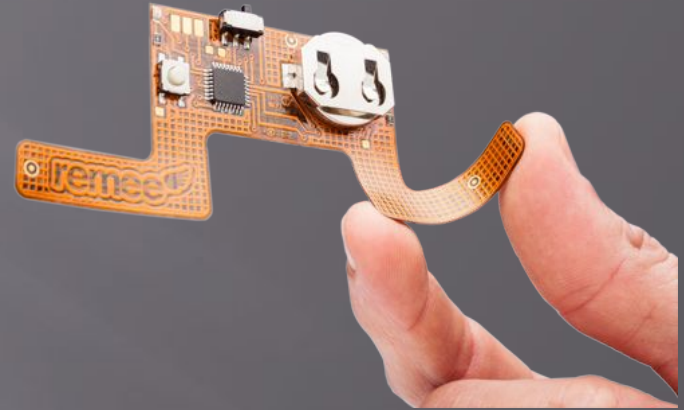
The structure of sleep



Human sleep is divided into two stages: REM sleep and slow-wave sleep. According to some scholars, it was during the stay in REM sleep dreaming dreams, and remembering happens during the NREM phase. With man during sleep alternates phases several times. The dream, which we see in the last phase of REM sleep, and remembered us after waking up.

Description

Dream Mask is equipped with multiple sensors . These sensors determine the sleep phase. After that, they begin to affect the nervous system of small pulses of light. During sleep, the human brain perceives these impulses as the illusion. Thus, without losing control over consciousness, a person is able to control the dreams. Externally, the mask to control sleep night resembles a bandage



AURORA HEADBAND of the company IWINKS



The device operates in a pair with a special mobile application for Android or iOS

Advantages

- ❖ Greater clarity and focus plus better problem solving
- ❖ Experience impossible fantasies with greater dream control
- ❖ Improved dream recall helps you remember tomorrow's creations
- ❖ Improve waking performance by practicing during dreams
- ❖ Overcome challenges and dispel nightmares
- ❖ Practice meditation during daylight

Disadvantages

- ❑ Wearing one can take getting used to
- ❑ Like anything you wear on a regular basis, it will need washing and can wear out
- ❑ Difficult waking up in the morning
- ❑ Mask irritating skin and eyes
- ❑ The escape from reality

Conclusion

In conclusion, I would like to mention that the sleep mask will significantly make life easier for anyone who has trouble sleeping, can help to restore sleep and mood for positive thinking. However, in pursuit of dreams not to forget about the reality.

Thank you for attention!