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SIGNS YOU'RE READY TO LUCID DREAM TONIGHT

A self-assessment for aspiring WILD practitioners
Score yourself and find out where you stand

wildpractice.com

How to Use This Assessment

Read, score, total — find out where you stand

Each of the 5 signs represents a different dimension of readiness for Wake-Induced Lucid Dreaming. Score yourself from 1 to 4 on each sign, total your score, and read your result on the final page. There are no wrong answers — only clarity about where to focus.

SCORING GUIDE

1	Not at all / first time reading this
2	Somewhat / occasional success
3	Consistently / most of the time
4	Fully / without effort / every night

THE 5 SIGNS

01 Dream Recall

02 Sleep Awareness

03 Hypnagogic Contact

04 Intention Setting

05 Mind-Body Separation

Total possible: 20 | Results on final page

Sign 01 of 05: Dream Recall

Can you remember your dreams?

Dream recall is the foundation of all conscious dreaming practice. You cannot navigate a space you cannot perceive. Before WILD becomes reliable, the brain must be trained to retain its nocturnal activity. Without recall, you have no feedback loop — and no way to verify that your practice is working.

1. I rarely remember dreams. If I do, it's vague fragments.
2. I remember 2-3 dreams per week with some detail.
3. I remember at least one dream most mornings with clear narrative.
4. I recall multiple dreams per night with vivid, specific detail.

PRACTICE TIP

Keep a dream journal beside your bed. Record immediately on waking — before checking your phone. Even single words or emotions count. Recall improves within 7 days of consistent logging.

My Score for Sign 01: _____ / 4

Sign 02 of 05: Sleep Awareness

Do you notice the transition from waking to sleep?

Most people lose consciousness at sleep onset without noticing. WILD requires the opposite: maintaining a thread of awareness as the body shuts down. Sleep awareness is the skill of noticing hypnagogic imagery, body heaviness, and the dissolution of sensory input — without panicking when it happens.

1. I fall asleep and have no memory of the transition at all.
2. I occasionally catch myself in hypnagogic imagery before sleep.
3. I regularly notice the transition and can observe it for several seconds.
4. I can reliably maintain awareness through the full body-sleep threshold.

PRACTICE TIP

Practice non-sleep deep rest (NSDR) or yoga nidra during the day. These train the same awareness thread required for WILD entry — in a lower-stakes context that makes the skill easier to develop.

My Score for Sign 02: _____ / 4

Sign 03 of 05: Hypnagogic Contact

Have you experienced the imagery that precedes sleep?

Hypnagogia is the name for the perceptual phenomena that appear at the threshold of sleep: geometric patterns, flickering light, half-formed faces, fragments of sound. This is not imagination — it is REM-system activation overlapping with waking consciousness. Contact with hypnagogia means your brain is already producing the raw material of the dream state.

1. I have never noticed any imagery before falling asleep.
2. I occasionally see brief patterns or shapes when very tired.
3. I regularly see hypnagogic imagery and can observe it for 10-30 seconds.
4. I enter hypnagogia easily and can navigate it with some stability.

PRACTICE TIP

Lie still in a dark room and observe with closed eyes without trying to sleep. Do not direct the imagery — just watch. This passive attention is the core WILD posture and can be practised at any time.

My Score for Sign 03: _____ / 4

Sign 04 of 05: Intention Setting

Can you hold a clear intention as you fall asleep?

WILD is not passive. The 'induced' in Wake-Induced Lucid Dreaming refers to a deliberate cognitive posture maintained across the waking-sleep boundary. The intention does not need to be forceful — in fact, force collapses it. It needs to be present but relaxed: like holding a lit match in a gentle breeze.

1. I have never tried to set an intention before sleep.
2. I sometimes set an intention but lose it quickly as I relax.
3. I can hold a light intention for several minutes before sleep onset.
4. I can maintain clear awareness of purpose across the sleep threshold.

PRACTICE TIP

Use a single-word anchor: 'aware', 'notice', or 'lucid'. This reduces cognitive load and is far more effective than complex visualisation during re-entry. One word held lightly beats a paragraph held tightly.

My Score for Sign 04: _____ / 4

Sign 05 of 05: Mind-Body Separation

Have you experienced your mind staying alert as your body sleeps?

This is the defining experience of WILD — the felt sense of the body entering atonia (REM muscle paralysis) while awareness remains intact. The tingling, heaviness, vibration, or pressure sensations that accompany this state are neurological — not supernatural — and they are the direct signal that WILD entry is imminent.

1. I have never noticed my body 'sleeping' while I was still aware.
2. I have occasionally noticed unusual body sensations near sleep onset.
3. I regularly experience sleep paralysis sensations and can stay calm.
4. I can reliably enter the separation state and use it as the WILD gate.

PRACTICE TIP

If you experience sleep paralysis, do not fight it. Relax completely, let the sensations intensify, then attempt to float free mentally. Resistance extends the state; acceptance ends it — and opens the dream.

My Score for Sign 05: _____ / 4

Your Results

Add your 5 scores — then find your range below

Total Score: _____ / 20

5-9 Building the Foundation

You are at the beginning — and that is a genuine starting point. WILD is a skill, not a talent. The Foundation Course takes you from here to your first conscious entry within 30 days.

10-13 Approaching the Threshold

You have real experience with the pre-sleep state and genuine dream recall. One or two consistent practice adjustments will likely trigger your first WILD within 2 weeks.

14-17 Threshold Practitioner

You are already a practitioner. You may have had partial WILD experiences without fully recognising them. The Advanced Practitioner course (Tier 2) is your next step.

18-20 Ready Now

You are already there, or very close. You need a structured framework to convert your existing sensitivity into repeatable, reliable conscious entry.

Whatever your score: the next step is the same.

wildpractice.com/tier1 | Foundation Course

£50 | 7 modules | 30-day programme