THE WILD

SLEEP ARCHITECTURE MAP

BIOHACKER STREAM | FREE GUIDE

The science of when to sleep, when to wake,
and exactly when to re-enter for a lucid dream.

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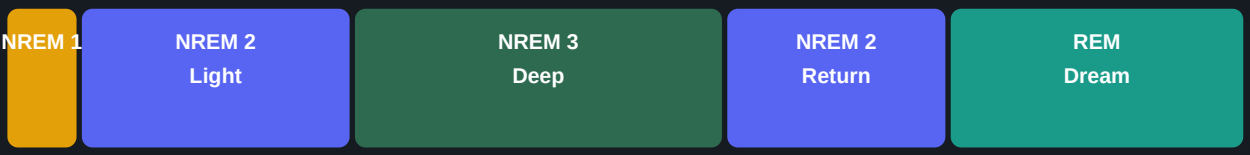
Understanding Your Sleep Architecture

Why timing is everything

Sleep is not a single state. It is a precisely timed biological programme that repeats in 90-minute cycles throughout the night. Each cycle contains distinct phases — and your window for Wake-Induced Lucid Dreaming depends entirely on understanding where REM falls within those cycles.

THE 90-MINUTE SLEEP CYCLE

Each cycle progresses through light sleep (NREM 1-2), deep sleep (NREM 3), and back through light sleep before reaching REM. The full sequence takes roughly 90 minutes and repeats 4-5 times per night.



Earlier = more deep sleep / Later = more REM

KEY INSIGHT

REM periods grow longer with each successive cycle. Your first REM at ~90 minutes is just 5-10 minutes. By cycles 4 and 5 (hours 5-7), REM stretches to 20-40 minutes — the prime biological window for WILD.

REM Pressure: How It Builds

The longer you sleep, the more your brain craves REM

REM sleep is regulated by adenosine clearance and circadian rhythms. As the night progresses, your REM drive intensifies. This is why WBTB works: you capitalise on peak REM pressure rather than fighting it.

REM DISTRIBUTION BY SLEEP CYCLE

Cycle	Approx Hour	REM Duration	WILD Potential
Cycle 1	~90 min	5-10 min	Very Low
Cycle 2	~3 hrs	15-20 min	Low
Cycle 3	~4.5 hrs	20-25 min	Moderate
Cycle 4	~6 hrs	25-35 min	High
Cycle 5	**~7.5 hrs**	**30-45 min**	**PEAK**

OPTIMAL WBTB ALARM TIME

Set your alarm for 5-6 hours after sleep onset. If you sleep at 23:00, set it for 04:00-05:00. This positions your re-entry during Cycle 4 or 5, when REM pressure is at its highest.

NOTE ON FIRST-NIGHT EFFECT

Do not attempt WILD on your first night of tracking. Gather 3 nights of baseline data first. The first night in a new sleep schedule typically shows suppressed REM due to the novelty effect.

The WBTB Window

Wake-Back-to-Bed — the core WILD delivery mechanism

Wake-Back-to-Bed is not a trick. It is a physiological alignment technique. By waking during high REM pressure and re-entering sleep with intention, you dramatically increase the probability of conscious dream entry.

01

Sleep as normal

Go to bed at your usual time. Do not attempt WILD on your first night — collect baseline sleep data for at least 3 nights first.

02

Set your WBTB alarm

Target 5-6 hours after sleep onset. If you sleep at 23:00, set your alarm for 04:00-05:00.

03

Wake and stay briefly active

Get up. Sit upright. Drink water. Read WILD material or review your dream journal. Stay up for 20-40 minutes — no more.

04

Return with intention

Lie in your preferred position. Keep your mind lightly active as your body drifts back to sleep. This threshold is where WILD begins.

COVERED IN TIER 1

The full WBTB protocol — including phase-specific duration, body position optimisation, and supplement timing — is covered in the Foundation Course.

7-Night Sleep Tracking Template

Log your architecture before you optimise it

Before adjusting any variable, you need baseline data. Use this template for 7 nights. Record your natural sleep window and calculate your average sleep onset time. This is the minimum data required to personalise your WBTB timing.

7-NIGHT TRACKING LOG

Night	Bed Time	Sleep Onset	WBTB Alarm	Woke At	Wake Mins	Dream Recall	Score
Night 1							
Night 2							
Night 3							
Night 4							
Night 5							
Night 6							
Night 7							

Score 1-5: subjective depth of hypnagogic state on re-entry (5 = full visual onset)

Variables That Move the Needle

And the ones that wreck your window

Understanding which variables help and which harm is more valuable than any single technique. Most WILD failures trace back to one of the items below.

OPTIMISE THESE

- Sleep debt clearance — you cannot WILD when exhausted. 3+ nights of adequate rest before attempting.
- Consistent sleep timing — your body predicts REM by its internal clock. Regularity compounds results.
- WBTB duration — 20-40 minutes is the research sweet spot. Under 15 is too brief; over 60 is too stimulating.
- Body position on re-entry — supine (back) or lateral. Prone (face-down) suppresses hypnagogia.
- Light during WBTB — dim amber light only. No screens. Preserve melatonin for re-entry.

AVOID THESE

- Alcohol within 3 hours of sleep — suppresses REM architecture and fragments sleep.
- Late-night eating — raises core temperature, delays onset, and disrupts deep sleep.
- High-intensity exercise within 4 hours of bed — shifts circadian phase and delays melatonin.
- Bright light during WBTB — triggers cortisol and destroys melatonin. Use amber light or blackout.
- Overthinking during re-entry — active analytical thought prevents the body-asleep / mind-awake state.

What This Map Doesn't Cover

And where to go from here

The Sleep Architecture Map gives you the structural foundation. But WILD is more than timing — it is a learnable skill combining neuroscience, somatic awareness, and deliberate practice. The Foundation Course covers everything this guide cannot.

TIER 1 FOUNDATION COURSE COVERS:

- The complete 7-module WILD curriculum — not covered in any free guide
- Supplement protocols: galantamine, alpha-GPC, choline — timing and dosing
- Hypnagogic navigation: 6 distinct entry methods with step-by-step protocols
- Dream stabilisation: what to do in the first 3 seconds of conscious entry
- Your personal WBTB calculator built from your own sleep architecture data
- Common failure modes and exactly how to course-correct each one
- 30-day structured practice programme with daily assignments

Start the Foundation Course

7 modules | 30-day programme | one-time payment

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