

Ten Tips for Better Dreaming

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To help you develop a rich dream life, try any of the following:

- Start talking about dreams to your friends and family. Dreams increase when you pay attention to them and show enthusiasm.
- Get clear about why you want to dream. Know what's possible—dreams have many positive benefits and these can motivate you to dream more.
- Take a warm bath before bed, and steer clear of alcohol, stimulants, mood altering medications, and too much extraverted social activity in the evening.
- Sniff a dream pillow scented with mugwort, rosemary, lavender, or sage.
- Try eating foods rich in tryptophan like turkey, milk, bananas, and cheese, or engage in a period of quiet study in the evening.
- Learn to wake up without an alarm clock; many dreams are lost when your body is shocked awake suddenly.
- Start a dream diary and keep it next to your bed. Write your dreams in it every morning first thing.
- If you can't remember a dream in the morning, make one up and write it in your dream diary! Soon you'll remember the real thing.
- Learn dream incubation techniques so you can program yourself to dream what you want and remember what you dreamed.
- Write a poem from your dream or make a drawing or painting inspired by dream imagery.

