Collaborator

Charlie Morley

- Lucid dreaming teacher, best-selling author and Mindvalley coach
- Authorized to teach within the Kagyu school of Tibetan Buddhism
- Awarded a Winston Churchill Fellowship grant to research sleep and dream practices for treating PTSD
- Lives in London with Waffles, the wiener-dog
Healing Lucid Dream Study

Teacher

Charlie Morley

- Bestselling author and teacher of lucid dreaming, shadow integration and Mindfulness of Dream & Sleep
- Authorized to teach within the Kagyu school of Tibetan Buddhism
- Awarded a Winston Churchill Fellowship grant to research sleep and dream practices for treating PTSD
- Lives in London with Waffles the wiener-dog
Healing Lucid Dream Study

Author

- The science of how stress and trauma affect sleep
- Yoga nidra and mindfulness practices for deep relaxation
- Breathwork practices to regulate the nervous system
- Lucid dreaming methods to transform nightmares
Healing Lucid Dream Study

Participants

- Recruited dreamers who were experiencing PTSD
- Troubled by nightmares
- Invited to join a week-long workshop
- Goal: to learn how to use lucid dreaming to transform their trauma (i.e., Healing lucid dream)
- Instruction regarding threatening dream figures: seek reconciliation (instead of fighting or fleeing them)
Healing Lucid Dream Study

Analysis Plan

- **Primary outcome measure:**
  PTSD Checklist for DSM-5 (PCL-5)
- 20-item self-report measure that assesses the presence and severity of PTSD symptoms
- Items on the PCL-5 correspond with DSM-5 criteria for PTSD
- **Hypothesis:** Symptoms of PTSD will decrease after workshop
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Workshop

- 6 days, attended from home
- Live teaching sessions via Zoom and homework in between sessions
- Pre-post workshop questionnaires:
  - PTSD Questionnaire (PCL-5)
  - IONS Discovery Lab Questionnaire (Well-being, interconnectedness, …)
  - Nightmare Experience Scale
Workshop

- Outcome measures collected daily:
  - Food intake questionnaire (timing of evening meal)
  - Dream lucidity
    - I was aware that my physical body was asleep
    - I broke the physical laws of the waking reality (e.g. flew, went through a wall)
    - I remembered my intention to heal
  - Saliva biomarker of stress
    - Salivary Alpha Amylase
Preliminary Results

• 49 dreamers completed the study
• 36 dreamers experiencing at least one lucid dream during the workshop
• $36/49 = 73\%$
• Many had multiple lucid dreams during the workshop
• Feedback from the participants was overwhelmingly positive, with numerous positive testimonials
• “My nightmares have gone away! I feel like a new person – thank you!”
Preliminary Results

PTSD Symptom Severity

Before Workshop After Workshop Follow-Up

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Preliminary Results

Well-Being

- **Positive and Negative Affect Schedule (PANAS)**
  - Assesses positive and negative affect and how a person is feeling at the moment
  - RESULT: Reduced negative affect

- **Arizona Integrative Outcomes Scale (AIOS)**
  - Assesses global sense of spiritual, social, mental, emotional, and physical well-being over the past 24 hours and the past month
  - RESULT: Increase well-being
Healing Lucid Dream Study

Team

- Helané Wahbeh (Co-PI)
- Monica Summers
- Paolo Speirn
- Sue Steele
- Charlie Morley
- James Scurry
- Monique Fay
- Tadas Stumbrys

Supporters

- Konstantin Koos
- Claudia Welss