



A WOLD FIELD GUIDE

The Lucid Dreaming Technique Cheat Sheet

Every major method on one card each –
and how to pick the right one tonight.

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Read this first

Hey, Jake here from World of Lucid Dreaming.

There are more lucid dreaming techniques out there than anyone could practise in a lifetime, and the biggest mistake I see beginners make is trying three of them at once... then concluding none of them work. (Been there. Took me embarrassingly long to figure this out!)

So here's how to use this cheat sheet. Read the foundation page – that part is not optional, it's the engine under every technique. Then pick ONE technique using the guide near the end, and run it for two solid weeks before you judge it. One technique, two weeks. That's the whole system :-)

Print the last page and stick it somewhere you'll see it before bed.

– Jake, Team WOLD

The foundation (do this whatever you pick)

Every technique on the following pages runs on the same three fuels. Skip these and even the best technique sputters. Do these alone, with no technique at all, and you'll probably have a lucid dream anyway within a month or two. I'm serious!

1. Dream journal

The single most powerful habit in lucid dreaming.

Best for: everyone, every day

How: Keep a notebook (or app) by the bed. On waking, write whatever you remember before moving – even one image, even one word. Every morning, no exceptions.

Jake's tip: It's no good having an amazing lucid dream if you can't remember it! Recall comes before everything.

2. Reality checks

Your daytime habit that fires inside the dream.

Best for: everyone, 10+ times a day

How: Several times a day, seriously ask "am I dreaming?" and test it: push a finger against your palm, re-read a line of text, or check a digital clock twice. Really look – don't just go through the motions.

Jake's tip: Anchor checks to triggers you also meet in dreams: walking through doorways, seeing your phone, feeling anxious.

3. Dream signs

Your personal shortcuts to lucidity.

Best for: anyone with a week of journal entries

How: Re-read your journal weekly and circle recurring people, places, and oddities. Those are your dream signs. Reality check whenever you meet one in daily life.

Jake's tip: A recurring nightmare is a gift here... it's the most predictable dream sign you own.

The workhorses

MILD - Mnemonic Induction

Prospective memory: remembering to notice you're dreaming.

Best for: people with decent recall who like a clear ritual

How: As you fall asleep, recall a recent dream, replay it, and imagine spotting the moment it went dreamlike. Repeat one intention: "Next time I'm dreaming, I'll remember I'm dreaming." Let it be the last thought before sleep.

Jake's tip: MILD is strongest right after a WBTB wake-up, not at bedtime. The science backs this combo more than any other.

WBTB - Wake Back To Bed

Not a technique so much as a launch window.

Best for: anyone who can interrupt their night 1-2 times a week

How: Sleep 5-6 hours. Get up for 20-60 minutes and keep your mind gently on lucid dreaming (read about it - no doomscrolling). Go back to bed and run MILD or SSILD as you drift off.

Jake's tip: The get-out-of-bed part matters. Snoozing through it is the #1 reason WBTB "doesn't work" ;-)

The modern favourite and the deep end

SSILD - Senses Initiated

Cycle your attention through your senses, then just... sleep.

Best for: beginners; anyone MILD hasn't clicked for

How: After a WBTB wake-up, lie down and cycle attention through sight (closed-eye darkness), sound, and touch. 4-6 quick cycles of a few seconds each, then 3-4 slow cycles of 30+ seconds. Then roll over and fall asleep normally.

Jake's tip: Expect false awakenings - SSILD loves them. Reality check EVERY time you wake up and you'll catch one.

WILD - Wake Induced

Enter the dream directly, consciousness intact.

Best for: experienced dreamers; patient meditators

How: After WBTB, lie still and let your body fall asleep while your mind stays quietly aware. Watch the imagery behind your eyelids form; when a scene stabilises, step into it. Expect vibrations, sounds, even brief sleep paralysis on the way in - all normal, all harmless.

Jake's tip: Don't start here. WILD is the deep end - brilliant when it lands, frustrating as a first technique. Foundation + MILD first.

The catch-them-in-the-act family

DILD - Dream Induced

The classic: realising mid-dream that you're dreaming.

Best for: everyone - most lucid dreams are DILDs

How: DILD isn't a bedtime ritual; it's the payoff of your foundation work. Strong recall + honest reality checks + known dream signs = one day you notice something impossible and the penny drops.

Jake's tip: When lucidity hits, stay calm and rub your dream hands together to stabilise... excitement is the #1 dream killer.

FILD - Finger Induced

A micro-movement trick for the drowsy re-entry window.

Best for: light sleepers who wake naturally in the night

How: On waking in the night, keep still and drowsy. Gently flutter two fingers as if playing slow piano - barely moving. After 20-30 seconds, do a nose-pinch reality check. If you can breathe through a pinched nose, you're already dreaming!

Jake's tip: Works best when you're so sleepy you can barely remember to do it. If you're wide awake, just do WBTB instead.

DEILD - Dream Exit Induced

Chain one lucid dream into the next.

Best for: anyone who wakes from a dream and wants back in

How: When you wake from a dream, don't move, don't open your eyes. Hold the last dream scene in mind and let yourself slide straight back into it - aware this time. You have about a 60-second window.

Jake's tip: Set the intention "I'll lie still when I wake" before bed. The technique is 90% not moving :-)

So which one, tonight?

Here's my honest decision guide. Find your situation, run that recipe for two weeks, and keep the journal going the whole time:

"I can interrupt my sleep once or twice a week." WBTB + MILD on those nights. This is the highest-percentage combination in the research, and it's where I'd start almost everyone.

"MILD never worked for me / I can't do affirmations." WBTB + SSILD. No visualisation, no mantras – just the sensory cycles and sleep.

"I can't interrupt my sleep at all." Foundation work hard (journal + 10 reality checks a day) + MILD at bedtime. Slower, still works. Catch your DILDs.

"I wake in the night naturally anyway." You're built for FILD and DEILD. Lie still, flutter, nose-pinch.

"I meditate / I want the direct route." Weekend lie-ins + WILD. Give it patience and treat every strange sensation on the way in as a good sign.

One more thing... whatever you pick, the free 10-step course walks you through it day by day, in order, with the foundation built in. If you're reading this PDF without the course, grab it at world-of-lucid-dreaming.com/getlucid.html – it's the guided version of everything on these pages.

Dream big. Then realise you're dreaming ;-)

– *Jake*

THE BEDSIDE CARD

Print me. Tonight's plan on one page.

Every day: journal on waking · 10 honest reality checks · know your dream signs

MILD: replay a dream, "next time I'm dreaming, I'll remember I'm dreaming," last thought before sleep

WBTB: wake after 5-6h · up 20-60 min thinking lucid thoughts · back to bed with MILD or SSILD

SSILD: cycles of sight / sound / touch - 4-6 quick, then 3-4 slow - then just fall asleep

WILD: body asleep, mind aware; ride the imagery in (vibrations = good sign, keep calm)

FILD: wake at night · stay drowsy · piano-fingers 30 sec · nose-pinch check

DEILD: wake from a dream · don't move · slide back in aware

Got lucid? Stay calm · rub your hands · say "clarity now" · engage the scene

Rule: one technique, two weeks, journal every morning. Then judge.

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