DreamGuideHub

Reality check cards

Cut along the lines, keep a few in your pocket or stick one to your phone case. Each time you see one, stop and ask honestly: "Am I dreaming?" then do the check with real curiosity.

CARD 1 · ARE YOU DREAMING?

Count your fingers

Look at your hand. Count the fingers slowly, then count again. In dreams hands often look odd or the count changes.

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CARD 2 · ARE YOU DREAMING?

Read it twice

Read a line of text or a sign, look away, then read it again. Dream text tends to change or turn into nonsense.

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CARD 3 · ARE YOU DREAMING?

Pinch and breathe

Pinch your nose shut and try to breathe in. If you can still breathe, you are probably dreaming.

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CARD 4 · ARE YOU DREAMING?

Check a clock

Look at a clock or your phone, look away, look again. Dream clocks often jump or show strange digits.

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CARD 5 · ARE YOU DREAMING?

Flip a light switch

Try a light switch. In dreams lights often fail to turn on or off the way they should.

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CARD 6 · ARE YOU DREAMING?

Ask: how did I get here?

Trace the last few minutes back. Dream scenes often start with no beginning and no clear route.

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CARD 7 · ARE YOU DREAMING?

Push a finger through your palm

Press a finger of one hand against the palm of the other. In a dream it may sink through.

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CARD 8 · ARE YOU DREAMING?

My own dream sign

Write something odd that often turns up in your dreams (an old school, a dead phone, a flooded street).

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Print at 100%. Cards are about 3.5 x 2.5 in (9 x 6 cm), a bit bigger than a business card.

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14-day reality check tracker

Tick a box each time you stop and do a genuine check. Spread them through the day and tie them to cues: opening your phone, a doorway, a meal, something odd.

Day	Date	Checks (tick or tally)	What triggered it / odd thing I noticed
1		☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	
2		☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	
3		☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	
4		☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	
5		☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	
6		☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	
7		☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	
8		☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	
9		☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	
10		☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	
11		☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	
12		☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	
13		☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	
14		☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	

After two weeks

Dream signs I started to notice:

Did I ever do a check in a dream? What happened:

Honest note: a systematic review of lucid dream induction (Stumbrys et al., 2012, doi.org/10.1016/j.concog.2012.07.003) found no technique that works reliably for everyone. Reality checks are one common method; keep it light, and sleep well. Skip practice if you are unwell or sleep-deprived.