Write a summary of the article. Be sure that the following information is included:

1. What is lucid dreaming?
2. Describe the theory that indicates that everyone can engage in lucid dreaming.
3. What will studying lucid dreams allow us to do?
4. Discuss Lucidity cues and mental preparations.
5. What are the physiological correlates of dream content and incorporation of stimuli?
6. Discuss ALL of the mind-body relationships during dreaming.
   a. What do these studies indicate about the effects of dream events on the brain and body?
7. What are the applications of lucid dreaming?
8. What are the research goals?

This assignment is worth 35 points – due the day of Quiz #4.