

Jan 4th 2026

What is lucid dreaming?

Problem

We are trying to see if we can lucid dream constantly every night for 10 days each time we wake up we will write down on a piece of paper or on a log book if we lucid dreamed we will write down what we dreamed and if we dreamed we are going to research what lucid dreaming is and what it is used for, and see if it can even help change nightmares

Jan 10th 2026

Method

First we have the method used for the experimental part.

- First we will go to our rooms and do something quiet for thirty minutes. (Like reading)

- Next when we are tired and are about to go to sleep, we will set a timer so we can disrupt our lucid dreams.

- Then we will repeat a phrase like "I will have a lucid dream." We will repeat this a number of times. And then we will go to sleep and hope for a lucid dream.

For our research part, our method is going to be.

- First we will go on our computers and go to a good source like a psychology website.

Jan 10th 2026

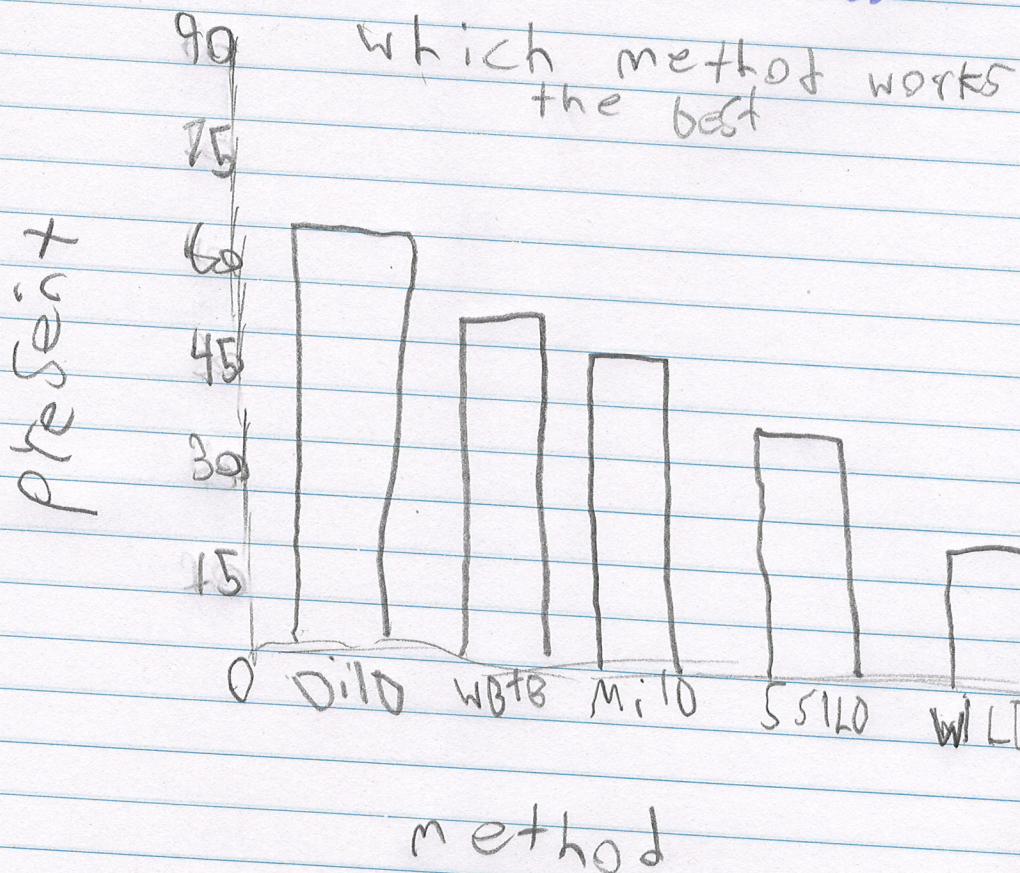
● On that website we will search up what lucid dreaming means and what it is used for.

● We will also search up if lucid dreaming can change your rights.

Jan 12th 2026

Background research

Which lucid dreaming method works the best



The method DILD works the best!

Jan 27th
Foods that can help you live
dream are foods like avocados
chicken banana salmon egg beer
and Dairy products.

Jan 27th 2026

Day 1 No

Day 2 NO + yet Jan 28th

Day 3 Still not Jan 29th

Day 4 no Jan 30th

Day 5 no lucid dreams Jan 31st

Day 6 no dreams Feb 1st

Day 7 no Feb 2nd

Day 8 I had a lucid dream

Day 9 no lucid dreams Feb 3rd

Day 10 no lucid dreams Feb 4th

Feb 5th 2026

Eric: my Lucid dream was about me at my sushi place then there was a fire but then I realized that I was dreaming and I turned it into a McDonalds

Feb 7th
Sambel: I had a dream that I was
in my basement and a dinosaur
was causing me I realized this
could not happen in real life
so I was able to wake myself
up.

Feb 7th 2026

Data

When we lucid dream
we notice that we can
control what we are doing
and can tell if we are sleeping
and in a dream. 55% of people
experience lucid dreaming at
least once in their life. Which
is very weird because only 5%
of the population have lucid
dreams once a month.

Feb 2th 2026

Conclusion

We have concluded that lucid dreaming is a state of which you are aware that you are in a dream in this state you can change your surroundings and everyday physics by going state like flying. We have also concluded that you can lucid dream as both of us have we each had our dream we could change our surroundings and change our flight notes by practising methods.

Acknowledgement

MISS ATUCRI - For convincing
us to stay in science fair

MISS Airo vera - For helping us

Mr Powell - For helping us

CYSR - For giving us a chance
to participate in the science
fair.