



A sequence of left/right ocular signals, recorded at Liverpool University (UK) using a Grass polygraph (Type 7B). Note the pre-lucid REM (Rapid Eye-Movement) burst preceding the signals. This consistent effect was discovered by Hearne.

EEG - Electro-encephalograph (brain-waves trace)

EOG - Electro-oculograph (eye-movement trace)

EMG - Electro-myograph (muscle activity trace)

The above diagram may be downloaded and published free, without contacting Dr Hearne, however, the following reference must be shown alongside the diagram:

Hearne, Keith M.T. (1978) **Lucid dreams – an electro-physiological and psychological study. PhD Thesis**, University of Liverpool, England. (p.167)

Chart rate: 1cm / sec

EEG gain: 75 micro-volts / cm. Time constant: .45 secs

EOG gain: 100 micro-volts / cm. Time constant: .45 secs

EMG gain: 20 micro-volts / cm. Time constant: .015 secs