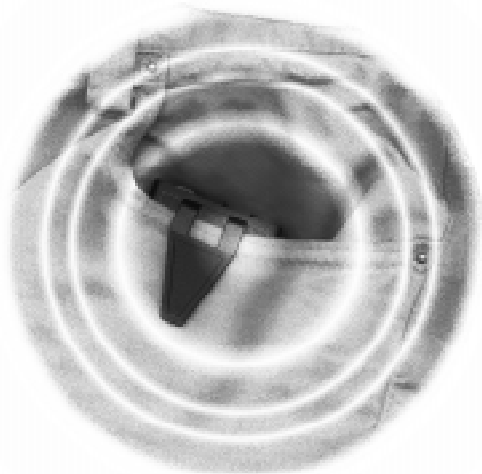


Programmable Electronic State Tester

**P.E.S.T.®**

**User's Guide**



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P.E.S.T. DESIGN: by Stephen LaBerge

MANUAL: writing by Lynne Levitan, design by Ethan Speelberg

Thanks to Mushkil Gusha for the usual assistance.

WARNING: This Product Attracts Every Other Piece of Matter in the Universe, Including the Products of Other Manufacturers, with a Force Proportional to the Product of the Masses and Inversely Proportional to the Square of the Distance Between Them.

Quiescent P.E.S.T. shown attached to  
host in recommended POCKET position.  
Not recommended for attaching to belt.  
Active P.E.S.T. shown on reverse.



*Congratulations, you have bought a thing that beeps, flashes, chirps, and vibrates unexpectedly throughout the day and night! Yes, you are the proud owner of a P.E.S.T. Now you may ask yourself, “Why did I buy something that can do nothing but ‘bug’ me? There must be a reason, if only I could remember...oh yeah, to help me learn to have lucid dreams!”*

## How Can Your P.E.S.T. Help You Become A Better Lucid Dreamer?

Sometimes your best friend is the one who nags you and won't break down—who persists in reminding you to stick to your plans, stand by your ideals, or do your Reality Tests. Although it is not necessary to replace your current best friend with your new P.E.S.T., it will be there when no one else is (that goes for your brain, too) to remind you to practice your Reality Tests. Research has shown that people who do more Reality Tests in the day also have more lucid dreams at night (see *NightLight* 5.3). Furthermore, if you never do Reality Tests while you are awake, you are unlikely to do them in dreams. This is because, in non-lucid dreams, people usually believe they are awake. The purpose of Reality Testing is to establish a habit of challenging the tacit assumption that you are awake, and of actively testing your current reality to see if it might be a dream, after all.

The difficulty in laying down a new habit is that it requires bringing your daily routine back into the light of consciousness out of the hidden depths of automatic unconsciousness where it has been whirring smoothly along for years or decades. The unconscious part of your mind that operates the basic machinery of your daily activities only has an easy time learning new tricks if it is reminded. A person who has just had wisdom teeth removed, for example, will not forget to take pain medication every four hours because pain serves as an excellent memory aid!

Pain and its lesser relation, irritation, are natural reminder systems motivating us to stay in one piece, healthy and happy. You eat when you are hungry because being hungry feels uncomfortable. An effective strategy, therefore, for learning a new behavior, is to have an annoying reminder.

The P.E.S.T. is designed to annoy you. The level of irritation is adjustable, so you can pick what type of stimulus you need to get you to do Reality Tests. The P.E.S.T.'s advantage over other types of reminders, like the hourly beep on a watch, is that it is sneaky. If you have ever used the beep on a digital watch for an extended period of time, you may have noticed that after a while your mind tunes out the beep, and hours go by

without you hearing it at all. Your brain learns to expect regular events, and if they have no great significance for your survival, it suppresses your perception of them. The P.E.S.T. gets around this problem by randomizing the timing of its reminders. You decide, for example, that you want to have a reminder about once an hour, and the P.E.S.T. picks a certain number of minutes to add to that minimum interval between reminders. Therefore, your brain cannot predict when, exactly, the reminder will come.

### Select Your Own P.E.S.T.ing Style

A really obnoxious reminder is most likely to get your attention, and you can have one if you like—the P.E.S.T. can flash, beep and vibrate all at once, long and loud. On the other hand, there will be circumstances in which you will want the P.E.S.T. to be unobtrusive, so that only you know it's there. To really benefit from Reality Testing, you need to practice during the many different activities of your life—at home, work, or play. In the office, at a movie, or wherever you want it to be quiet, you can set the P.E.S.T. to give you only a vibration as a reminder. Therefore, you can take your P.E.S.T. with you and practice reality testing wherever you like.

### Reality Testing with the P.E.S.T.

To make sure that you have no excuses for not doing your Reality Tests when reminded, the P.E.S.T. is prepared to help you with the actual test. Machines are notoriously unreliable in dreams, so if you can operate a device with no glitches you are probably not dreaming. That goes for the P.E.S.T., as well as the NovaDreamer and DreamLight, both of which are equipped with “Reality Test” buttons. When you get your reminder (or anytime you suspect you might be dreaming), you can start your Reality Test by pressing the P.E.S.T.'s button. What it is supposed to do is flash once in both red and green “eyes” and beep, all at the same time. However, if in a dream you try this with your dream P.E.S.T., something will inevitably go wrong. On the simplest level, the dream version of the P.E.S.T. will just not flash or beep when you press its button. It's quite possible, too, that stranger things will happen, such as the P.E.S.T. having a too many buttons, or displaying a message like the pager it resembles. The trick is to be alert for any deviation from the normal flash-beep and realize that odd P.E.S.T. behavior means you are probably dreaming. (See the Reality Testing procedure on pp 9-10.)

## If You Miss a Cue

There will probably be times when you are involved in something so exciting and engaging (falling off a cliff, watching C-SPAN, or whatever) that you fail to catch one of your P.E.S.T.'s cues. (Of course you wouldn't leave your P.E.S.T. alone while it is working!) So that you don't blame the P.E.S.T. for your forgetfulness, it will tell you if it has given a reminder while your mind was elsewhere. Each time the P.E.S.T. gives a reminder, its red eye will begin to blink. It will continue to blink until you press the P.E.S.T.'s button (and, of course, you will do a complete Reality Test). The red eye will also start blinking when you put the P.E.S.T. into an active mode (Modes 1, 2, 3, or 4) after it gives the sample reminder. It will continue to blink until you press the button. As you press the button to stop the blinking, do a Reality Test, and affirm to yourself that you are committed to attending to the P.E.S.T. and focusing on lucid dreaming.

## Getting to Know Your P.E.S.T.

Your P.E.S.T. comes to you asleep, with a few months worth of food in its belly (a.k.a. AA-battery), and fully trained. All you need to do is learn how to tell your P.E.S.T. what you want from it, and to develop the habit of responding accordingly. First, though, let's take a look at the creature.

## P.E.S.T. Anatomy 101

The P.E.S.T. (common name) is a member of Class Electronica, Order Microprocessoria, Family Smaller-than-a-Breadboxia, Genus Oneironautica (shared by the DreamLight, NovaDreamer and DreamLink), and species *for-crying-out-loud-it's-that-bleeping-thing-againia*. From this taxonomy, it would be simple enough to deduce the organism's structure, but easier still to examine it *in vivo*.

A hard case, or carapace, encloses the P.E.S.T.'s delicate internal organs. However, it is not fully protected against damage from impacts. The P.E.S.T. is not prepared to survive falls on hard surfaces or smashing against walls. Nor is it adapted to extreme high temperatures such as are found in ovens, dryers, or bright sunny windows. It cannot swim or breathe underwater and, in fact, can be injured by exposure to excess moisture. It will *not* like showering with you.

A roughly triangular clip on the P.E.S.T.'s side enables it to attach itself to its host (you) on a thin belt or waistband. It can also be happily nestled in a pocket (see front cover). Remember that no P.E.S.T. can thrive without close contact to a host; if left alone a P.E.S.T. will pine for human companionship. The Lucidity Institute will not be responsible for personality changes that develop in neglected P.E.S.T.s.

The P.E.S.T.'s sensory organs, which enable it to communicate with its host are all located on its face, the upper flat panel of its body. These features include:

- A program *dial* for selecting the P.E.S.T.'s mode of operation
- Two LED *eyes*, one red and one green, which the P.E.S.T. uses to give you feedback about its settings and activities, and to give you reminders
- A black *button* for changing the P.E.S.T.'s settings and for conducting Reality Tests
- An *orifice* for insertion of a NovaDreamer or DreamLight cable so that the P.E.S.T. can be triggered when one of these devices detects REM sleep

Inside the P.E.S.T. are several important organs (please don't open it):

- A vibrator, the P.E.S.T.'s main way of reminding you to do a Reality Test
- A vocal apparatus (speaker) for giving reminders
- The P.E.S.T.'s brain (circuit board)
- One AA-battery (You will need to open the case to change the battery after it runs down, but each battery should last several months. Please refer to Appendix B for instructions on changing the battery.)

### P.E.S.T. Behavior Basics

The P.E.S.T.'s main job is to give you reminders to do Reality Tests at unpredictable times. You can program the following aspects of its operation:

1. Pre-Set Programs. The P.E.S.T. arrives pre-programmed with three patterns for giving reminders. You can choose to use one of these, or devise your own pattern (see #2 below). The three preset programs are:

- Long Interval: Gives a 5-sec vibration reminder, with alternating light blinks, every 120 to 240 minutes. This provides 4 reminders in 12 hours.
- Medium Interval: Gives a 5-sec vibration reminder, with alternating light blinks, every 60 to 120 min. This provides 8 reminders in 12 hours.
- Short Interval: Gives a 5-sec vibration reminder, with alternating light

blinks, every 30 to 90 min. This provides 12 reminders in 12 hours.

2. Adjustable Program. When you have gotten to know your P.E.S.T. a little (or right away if you like), you can teach it some tricks of your own choosing. The following features of the P.E.S.T.'s operation can be tailored to your wishes. They apply in the Adjustable Program mode. *See Mode 1 on page 11 for how to use this feature.*

3. Minimum Interval Between Reminders. This refers to the amount of time the P.E.S.T. waits after one reminder before giving another. It is called "minimum" interval, because the Randomness Factor (see item 4 below) adds some amount of time to the interval. There are ten available minimum interval settings, ranging from 20 to 720 minutes (12 hours). *See Mode 8 on pages 12–13 for how to use this feature.*

4. Randomness Factor. You can set the P.E.S.T. to choose randomly an amount of time to add to the minimum interval between reminders (see item 3 above) that is less than or equal to a certain number of minutes. There are nine choices of Randomness Factors, ranging from 0 to 255 minutes. For example, if you selected a Minimum Interval of 60 minutes, and a Randomness Factor of 15 minutes, then the time between P.E.S.T. reminders would vary between 60 and 75 minutes. You would not know the exact length of time, and each interval between reminders would be different. *See Mode 9 on page 13 for how to use this feature.*

5. Reminder Type. The P.E.S.T. can remind you to do Reality Tests with three types of stimuli: vibration, sound, and light. You can choose from the following combinations: vibration only, vibration and sound, vibration and light, or vibration, sound, and light. You can also choose to make your P.E.S.T. act especially pesky. *See Mode 7 on page 12 for how to use this feature.*

6. Reminder Length. You can select the length of time the P.E.S.T. will vibrate, beep, or flash each time it gives a reminder. The minimum length is 0.5 seconds; the maximum is 127 seconds, or about 2 minutes. *See Mode 5 on page 12 for how to use this feature.*

7. Light and Sound Intensity. There are three available settings for the brightness of the P.E.S.T.'s flashing lights and/or loudness of its beeps in its reminders. Light and sound intensity change together when you set this variable. The vibration intensity is fixed. *See Mode 6 on page 12 for how to use this feature.*

8. Number of Reminders. The P.E.S.T. can tell you how many reminders it has given you since you last turned it on. You can use this information to evaluate whether you've been paying attention to your P.E.S.T., to keep records of the number of Reality Tests you do in a day, and to find out how many cues the P.E.S.T. gave you during the night. *See Mode 9 on page 13 for how to use this feature.*

### Take Your P.E.S.T. to Bed

After spending all day in the company of your friendly little P.E.S.T., you might feel like inviting it to share your bed. Do not hesitate to do so, because the P.E.S.T. is really good between the sheets.

If you own a NovaDreamer or DreamLight, you can attach the P.E.S.T. to it with a special cable (see p. 15). When your device detects REM sleep and gives you a cue to become lucid, it will also trigger the P.E.S.T. to vibrate. Because you will have practiced doing Reality Tests all day in response to the P.E.S.T.'s cue, it will be the best thing to remind you to question what reality you are in as you dream. (See Appendix C: Using the P.E.S.T. with the NovaDreamer or Appendix D: Using the P.E.S.T. with the DreamLight.)

You can use your P.E.S.T. in bed even if you are without a NovaDreamer or DreamLight. Although the P.E.S.T. cannot detect REM sleep, you can set it to trigger its reminder cues at intervals that are likely to intercept REM periods, such as once every 90 minutes. Keep in mind that you may want a less intrusive reminder from the P.E.S.T. when you are sleeping than during the day; you might want to use the vibration cue alone. To turn off the cue from the lucid dream induction device so that you receive only the P.E.S.T.'s reminder when you are dreaming, check your device manual for how to turn off the device's cues.

Once you have set up the P.E.S.T. and, if you have one, your lucid dream induction device, you need to select where to place the P.E.S.T. in your bed. One option is to attach it to your pajama waistband, if that's what you wear to bed. You could also just place it beside you in the bed, under the covers to mask the sound of the vibration. Or, if you have set the P.E.S.T. to beep, you can place the P.E.S.T. on the nightstand, or on the pillow next to you. Only you can choose the best placement for your own needs.



## Lucid Dreaming Training with the P.E.S.T.

The P.E.S.T. is a tool to spur your progress towards mastering lucid dreaming. It is best used in conjunction with a complete training program in lucid dreaming, as is provided by The Lucidity Institute's *A Course in Lucid Dreaming*. Your P.E.S.T. will increase the power of your efforts with the Reflection–Intention technique in the *Course* by reminding you to do Reality Tests. It can also be used at night, as a reminder to become lucid, when you are dreaming. The *Course* provides instruction in these methods as well as many other techniques for improving lucid dreaming skills, including the use of lucid dream induction devices like the NovaDreamer and DreamLight. The following exercise, for special use with your P.E.S.T., is part of the Reflection–Intention Technique described in Unit Two of The Lucidity Institute's *A Course in Lucid Dreaming*, modified specifically for use with the P.E.S.T. It is important to go through the *entire* procedure below each time you do a Reality Test while awake.

### The P.E.S.T. Reality Test

*Do this Reality Test each time the P.E.S.T. gives you a reminder, or any other time you think of it and have your P.E.S.T. with you.* While looking at your P.E.S.T.'s face, press its button once quickly (for less than one second). It should flash once, simultaneously in both red and green “eyes,” and it should beep in concert with the flashes. You may do this several times to make sure that it operates correctly. If you have a digital watch or some text nearby, continue with the Reality Test by looking carefully at the watch numbers or the text, looking away, and looking back while trying to will the numbers or letters to change.

If you are not dreaming, that is, if you are awake now, the P.E.S.T. will operate as expected: text will remain the same, and a digital watch will keep telling the actual time. However, if you are dreaming, the P.E.S.T. will very probably fail to work properly in some way. Either there will be neither flash nor beep, or one or the other will be missing, or there will be the wrong number of buttons or lights. If you cannot find your P.E.S.T., and you know you had it with you, this may well be a sign that you are dreaming. You should be sure to do the test with text or a watch. In a dream, letters and numbers will change. They may look perfectly normal the first time you read them, but when you look away and look back, or when you stare at

them and try to get them to change, they will mutate in all kinds of creative ways. These things happen in dreams because the P.E.S.T., whose button you are pressing, and the characters you are reading do not exist outside of your mind, and your brain has difficulty duplicating them accurately and repeatedly. When you stare at dream—text (or even at the dream—P.E.S.T.) the natural instability of dreams shows up, causing them to change before your eyes.

Now look around you and ask yourself if everything appears normal. Is anything or anyone out of place? Do you remember how you got here? Assuming now that your Reality Test has told you that you are probably not dreaming, imagine that you are dreaming. If you are certain that you're awake, tell yourself, "OK, I'm not dreaming, now. But, if I were, what would it be like?" Imagine as vividly as possible that you are dreaming. Intently imagine that what you are perceiving (hearing, feeling, smelling or seeing) around you is a dream: the people, things, trees, sunshine, sky and earth, and you, yourself—all a dream.

Observe your environment carefully. Look for dreamsigns. Is there anything present that is dreamlike? Imagine that your P.E.S.T. failed to deliver the expected flash and beep when you pressed its button, and that you therefore now know that you are dreaming. Visualize also that the scene is unstable: If you turn your back on something, it will likely disappear, or be replaced by something completely different.

As soon as you are able to vividly conjure within yourself the feeling that you are dreaming now, tell yourself, "The next time I'm dreaming, I will remember to recognize that I'm dreaming."

Now, imagine that you are lucid in this dream. What would you like to do now? You are not restricted by *anything*—no physical limitations, or social rules. Perhaps you want to fly, soar through the ceiling, talk to someone special, maybe even kiss someone? Or maybe you have another particular application of lucid dreaming in mind. Think of what you would like to do in your next lucid dream.

Continue the fantasy lucid dream, and imagine that after having become lucid in your present environment, you now try out what you have decided you would like to do, in your next lucid dream. As you visualize, firmly resolve to remember to recognize that you are dreaming and to remember what you want to do in your next lucid dream.

## Appendix A ■ P.E.S.T. Mode Table

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DIAL	MODE	MODE FUNCTIONS
0	Off	Your P.E.S.T. is resting
1*‡	Adjustable Mode	<p>Delivers Reminders according to the settings you select in Modes 5–9.</p> <p>Short button press (less than one second) interrupts any ongoing Reminder, and gives the Reality Test flash and beep.</p> <p>One-second button press demonstrates the selected Reminder. (Before you set the Adjustable Mode settings the first time, it is set to give a 10-second vibration, light, and sound reminder with an interval between 60 and 120 minutes.)</p>
2*‡	Long Interval Fixed Mode	<p>Gives a 5-second vibration reminder, with alternating flashes, on an interval between 120 and 240 minutes.</p> <p>Short button press (less than one second) interrupts any ongoing Reminder, and gives the Reality Test flash and beep.</p> <p>One-second button press demonstrates the selected Reminder.</p>
3*‡	Medium Interval Fixed Mode	<p>Gives a 5-second vibration reminder, with alternating flashes, on an interval between 60 and 120 minutes.</p> <p>Short button press (less than one second) interrupts any ongoing reminder, and gives the Reality Test flash and beep.</p> <p>One second button press demonstrates the selected Reminder.</p>
4*‡	Short Interval Fixed Mode	<p>Gives a 5-second vibration reminder, with alternating flashes, on an interval between 30 and 90 minutes.</p> <p>Short button press (less than one second) interrupts any ongoing reminder, and gives the Reality Test flash and beep.</p> <p>One-second button press demonstrates the selected Reminder.</p>

*\*When you first dial to Modes 1–4, the P.E.S.T. will demonstrate the reminder it is set to give in that mode.*

*‡If the P.E.S.T. is connected to the NovaDreamer or DreamLight, the Reminders will be triggered only by the remote device. The reminders will take the same form as those the P.E.S.T. delivers when not externally controlled.*

- 5      **Reminder Duration**      Sets the length of the reminder given by the P.E.S.T. in the Adjustable Mode.  
Set by pressing the button and holding it down for the length of the desired reminder.  
Range: 0.5 to 127 seconds in increments of 0.5 second (two flashes and beeps per second)
- 6      **Light & Sound Intensity**      Sets the brightness of the flashes and loudness of the beeps of the P.E.S.T.'s reminders in Adjustable Mode.  
Set by pressing the button briefly. The first button press shows the current intensity setting. Each subsequent button press changes the setting.  
Range: Low, Medium, or High
- 7      **Reminder Type**      Sets the type of reminder the P.E.S.T. gives in Adjustable Mode (vibration plus light and/or sound, or neither).  
Set by pressing the button briefly. The first button press shows the current setting. Each subsequent button press changes the setting. Button presses demonstrate whether light, sound, or nothing will accompany the vibration, and whether the light flashes are simultaneous in both LEDs or alternate.  
Holding the button down for one second will put the P.E.S.T. in "super bug" mode. If you do this, and then put the P.E.S.T. in Mode 1, 2, 3, or 4, it will chirp, tick, beep, buzz and vibrate, like it is chattering away to itself. Who knows what use this might have? (Actually, it's a secret code to P.E.S.T. programmers.) If it possesses you to make your P.E.S.T. do this, you can turn it off by switching the Reminder Type .  
Range: vibration only (nothing happens when button is pressed in this mode); sound on, light off; light on, sound off; sound on, light on
- 8      **Minimum Interval**      Sets the minimum amount of time the P.E.S.T. waits between reminders.

Set by pressing the button. The first button press shows the current setting. Each subsequent press changes the setting. The length of the interval in seconds is indicated by flashes of the LEDs. Each flash of the green light with short beep represents 10 minutes; each flash of the red light with long beep represents 100 minutes. For example, two red flashes with long beeps followed by 4 green flashes with short beeps indicates 200 minutes + 40 minutes = 240 minutes. If there are no red flashes, the setting is for less than 100 minutes.

Range: Ten intervals are available—20, 30, 60, 90, 120, 180, 240, 360, 480, and 720 minutes.

- 9      Randomness Factor    Sets the maximum number of minutes the P.E.S.T. will add to the Minimum Interval. It will randomly select a number of minutes above 0 and less than or equal to the selected Randomness Factor.

Also shows the number of reminders the P.E.S.T. has given since it was last turned on.

When dial is turned to 9, the P.E.S.T. will indicate the number of reminders given by flashing and beeping. Each red flash indicates ten reminders given, and each green flash indicates one reminder given. For example, if 32 reminders were given, the P.E.S.T. would flash red 3 times and green twice.

Set the Randomness Factor by pressing the button. The first press will show the current setting. Each subsequent press will change the setting.

Range: There are 9 available Randomness Factors indexed by one to 9 beeps: 0, 1, 3, 7, 15, 31, 63, 127, and 255 minutes.

## Appendix B ■ Changing Your P.E.S.T.'s Battery

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How to change your P.E.S.T.'s battery

1. Press firmly at point ①, and slide open the battery compartment.
2. Carefully remove the battery with the aid of a screwdriver or other flat blade tool inserted at the left (-) end of the battery.
3. Insert a new or recharged battery, (+) end first.
4. Slide the battery compartment cover back, snapping it in place.

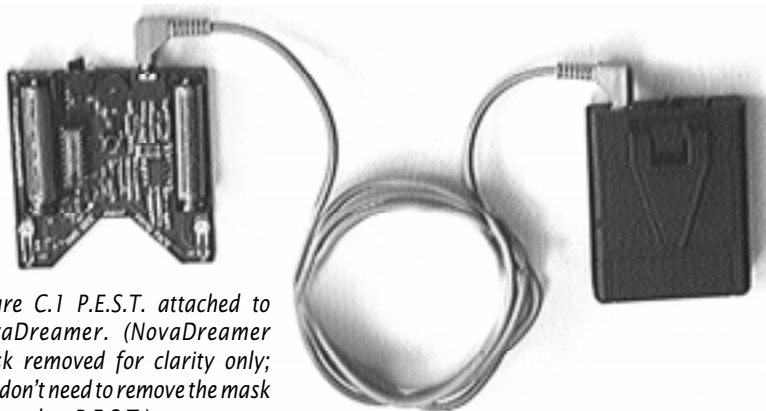


## Appendix C ■ Using P.E.S.T. with the NovaDreamer®

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### Using the PEST with the NovaDreamer

This procedure will allow you to use the PEST's signals as cues to lucidity, triggered by a NovaDreamer lucid dream induction device. While connected, the NovaDreamer will override the PEST's programming, instructing it to give cues only when the NovaDreamer detects REM sleep.



*Figure C.1 P.E.S.T. attached to NovaDreamer. (NovaDreamer mask removed for clarity only; you don't need to remove the mask to attach a P.E.S.T.)*

### Procedure for Linking PEST and NovaDreamer

Note: If your NovaDreamer software version is earlier than 1.5, you must upgrade to newer software to use the PEST. If you have software version 1.5, you will need to make a simple modification to your NovaDreamer, described below.

*For instructions in using and setting the NovaDreamer, refer to your NovaDreamer manual.*

1. Set the NovaDreamer to your preferred settings, keeping in mind that its cues will be augmented by the PEST's. If you wish, you can disable the NovaDreamer's stimuli (light and sound) so that you receive only the PEST's cues (see your NovaDreamer manual).

2. Set the PEST to your preferred settings, keeping in mind that it will be triggered by the NovaDreamer when you are in REM sleep and give whatever cues you have selected for the NovaDreamer to deliver.
3. Turn off both the NovaDreamer and the PEST.
4. Plug the connection cable into both the NovaDreamer and the PEST (See Figure C.1).
5. Turn the NovaDreamer control dial to your desired sleep mode. As usual, the NovaDreamer will give a sample of its selected cue.
6. Turn the PEST control dial to your desired cueing mode. Note: The PEST will not show a sample cue, as it normally would at this point, because it is under the NovaDreamer's control.
7. Test the connection by pressing the NovaDreamer Reality Test button for at least 1 second. Both the NovaDreamer and PEST should give the cues you have set. Now you are ready to dream!
8. Turn off both devices when you are done sleeping before you disconnect them.

Note: When reviewing the number of cues you received during your sleep period, use the count given by the NovaDreamer. The PEST's count may be inaccurate when it is linked to the NovaDreamer.

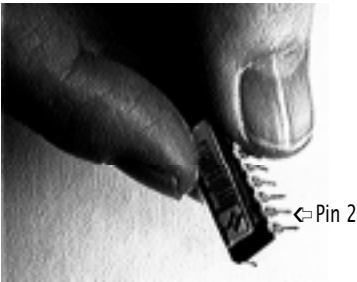
### Modifying NovaDreamer Software Version 1.5 to work with the PEST

Connecting a PEST device to a NovaDreamer with Software Version 1.5 causes a constant drain on the NovaDreamer batteries. However, a simple modification, described below, can fix the problem. The software version is printed on the removable chip on the NovaDreamer board. Version 1.5 has a label that looks like this: ❖ NovaDreamer1.5





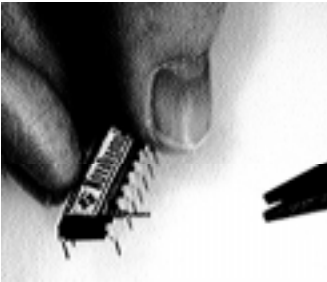
1. Remove the labeled chip from your NovaDreamer by carefully wedging a screw driver under the end of the chip as shown at left.



2. Identify the second pin from the left bottom end (below the ❖, away from the battery, on the middle side of the board; there is a small label “U1” on the circuit board next to pin 2).



3. Carefully bend pin 2 straight out with a pair of needle-nose pliers (or other appropriate tool).



4. Carefully replace the modified chip (shown at left) in the socket on the NovaDreamer circuit board.



5. All pins except pin 2 should be firmly inserted in the socket (shown at left).

## Appendix D ■ Using P.E.S.T. with the DreamLight®

The P.E.S.T. can also be controlled by the DreamLight with a special cable available from the Lucidity Institute. Software Version 3.6R is required, Version 4.0 is recommended.

1. Turn off both the P.E.S.T. and DreamLight.
2. Attach the cable between the two devices.
3. Turn the P.E.S.T. to the desired mode.

DreamLight and trigger a test cue (see your manual; briefly: ).

1. Set the DreamLight to your preferred settings, keeping in mind that its cues will be augmented by the PEST's. If you wish, you can disable the DreamLight's stimuli (light and sound) so that you receive only the PEST's cues (see your DreamLight manual).
2. Set the PEST to your preferred settings, keeping in mind that it will be triggered by the DreamLight when you are in REM sleep and give whatever cues you have selected for the DreamLight to deliver.
3. Turn off both the DreamLight and the PEST.
4. Plug the connection cable into both the DreamLight and the PEST.
5. Turn the DreamLight on and enter sleep mode (YES to sleep now).
6. Turn the PEST control dial to your desired cueing mode. Note: The PEST will not show a sample cue, as it normally would at this point, because it is under the DreamLight's control.
7. Test the connection by pressing the YES and NO keys simultaneously. Within 30 seconds, both the DreamLight and PEST should give the cues you have set. Now you are ready to dream!
8. Turn off both devices when you are done sleeping before you disconnect them.



