



The Dali/Edison Method (for hypnagogia)

1. Wait until you naturally feel sleepy. Thanks to chronotypes and circadian rhythm, most of us experience an energy dip in the afternoon. Just before bed is also good.
2. Sit comfortably in a chair. If you're at work, try this at your desk. You can also recline in a chair. If you really can't sleep sitting up, go ahead and lie down.
3. Hold onto something that will clatter loudly when you drop it. You can try holding something over metal plates. You can also hold a bell, a handful of change, or a jingly dog toy. If you're lying down, just raise your arm in the air.
4. Keep something next to you to record your ideas. Pen and paper or digital sketchpad work, as do voice activated recorders. You can also just dictate into your phone, but set it up first so it's ready immediately.
5. Drift off into hypnagogia.
6. Once you drop what you're holding, or your arm drops, without doing anything else start capturing what's in your mind.