# Lucid Loop Questionnaires

### Demographic Information

- 1. Participant Number
- 2. Age
- 3. Gender Identity

#### Dream and Lucid Dream Frequency Questionnaire

Lucid dreaming is a special sort of dream in which, while asleep and still in the dream, you have the explicit realization that what you are experiencing is a dream and not waking reality. Thus, during lucid dreaming, one is, while dreaming, explicitly aware of the fact that one is dreaming. This realization often leads to the ability to deliberately control one's actions or to observe passively the course of the dream with full conscious awareness, similar to the awareness you have while awake.

#### How often do you remember your dreams?

- 0 = never
- 1 = less than once a month
- 2 = about once a month
- 3 = two-three times a month
- 4 = about once a week
- 5 = several times a week
- 6 = almost every morning

#### How frequently do you have lucid dreams?

- 0 = never
- 1 = less than once a year
- 2 = about once a year
- 3 = about 2 to 4 times a year
- 4 = about once a month
- 5 = about 2 to 3 times a month
- 6 = about once a week
- 7 = several times a week

## Mindful Attention Awareness Scale (MAAS)

Below is a collection of statements about your everyday experience. Using the 1-6 scale below, please indicate how frequently or infrequently you currently have each experience. Please answer according to what really reflects your experience rather than what you think your experience should be. Please treat each item separately from every other item.

	1 = almost always	2 = very frequently	3 = somewhat frequently	4 = somewhat infrequently	5 = very infrequently	6 = almost never
1. I could be experiencing some emotion and not be conscious of it until some time later.	0	0	0	0	0	0
<ol><li>I break or spill things because of carelessness, not paying attention, or thinking of something else.</li></ol>	0	0	0	0	0	0

4. I tend to walk quickly to get where I'm going without paying attention to what I experience along the way.  5. I tend not to notice feelings of physical tension or discomfort until they really grab my attention.  6. I forget a person's name almost as soon as I've been told it for the first time.  7. It seems I am "running on automatic," without much awareness of what I'm doing.  8. I rush through activities without being really attentive to them.  9. I get so focused on the goal I want of achieve that I lose touch with what I'm doing right now to get there.  10. I do jobs or tasks automatically, without being aware of what I'm doing.  11. I find myself listening to someone with one ear, doing something else at the same time.  12. I drive places on 'automatic pilot' and then wonder why I went there.  13. I find myself preoccupied with the future or the past.  14. I find myself preoccupied with the future or the past.  14. I find myself doing things without being aware	3. I find it difficult to stay focused on what's happening in the present.	0	0	0	0	0	0
physical tension or discomfort until they really grab my attention. 6. I forget a person's name almost as soon as I've been told it for the first time. 7. It seems I am "running on automatic," without much awareness of what I'm doing. 8. I rush through activities without being really attentive to them. 9. I get so focused on the goal I want to achieve that I lose touch with what I'm doing right now to get there. 10. I do jobs or tasks automatically, without being aware of what I'm doing. 11. I find myself listening to someone with one ear, doing something else at the same time. 12. I drive places on 'automatic pilot' and then wonder why I went there. 13. I find myself preoccupied with the future or the past. 14. I find myself foing things without paying attention.	where I'm going without paying attention to what I experience	0	0	0	0	0	0
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automatic," without much awareness of what I'm doing.  8. I rush through activities without being really attentive to them.  9. I get so focused on the goal I want to achieve that I lose touch with what I'm doing right now to get there.  10. I do jobs or tasks automatically, without being aware of what I'm doing.  11. I find myself listening to someone with one ear, doing something else at the same time.  12. I drive places on 'automatic pilot' and then wonder why I went there.  13. I find myself preoccupied with the future or the past.  14. I find myself doing things without paying attention.	as soon as I've been told it for the first time.	0	0	0	0	0	0
being really attentive to them.  9. I get so focused on the goal I want to achieve that I lose touch with what I'm doing right now to get there.  10. I do jobs or tasks automatically, without being aware of what I'm doing.  11. I find myself listening to someone with one ear, doing something else at the same time.  12. I drive places on 'automatic pilot' and then wonder why I went there.  13. I find myself preoccupied with the future or the past.  14. I find myself doing things without paying attention.	automatic," without much awareness of what I'm doing.	0	0	0	0	0	0
want to achieve that I lose touch with what I'm doing right now to get there.  10. I do jobs or tasks automatically, without being aware of what I'm doing.  11. I find myself listening to someone with one ear, doing something else at the same time.  12. I drive places on 'automatic pilot' and then wonder why I went there.  13. I find myself preoccupied with the future or the past.  14. I find myself doing things without paying attention.	being really attentive to them.	0	0	0	0	0	0
without being aware of what I'm O O O O O O O O O O O O O O O O O O O	want to achieve that I lose touch with what I'm doing right now to	0	0	0	0	0	0
someone with one ear, doing something else at the same time.  12. I drive places on 'automatic pilot' and then wonder why I went there.  13. I find myself preoccupied with the future or the past.  14. I find myself doing things without paying attention.	without being aware of what I'm	0	0	0	0	0	0
pilot' and then wonder why I went there.  13. I find myself preoccupied with the future or the past.  14. I find myself doing things without paying attention.  15. I snack without being aware	someone with one ear, doing	0	0	0	0	0	0
the future or the past.  14. I find myself doing things without paying attention.  15. I snack without being aware	pilot' and then wonder why I went	0	0	0	0	0	0
without paying attention.  15. I snack without being aware		0	0	0	0	0	0
		0	0	0	0	0	0
that I'm eating.	15. I snack without being aware that I'm eating.	0	0	0	0	0	0