Researchers use a variety of technologies to monitor (teal) and attempt to modulate (purple) people’s dream experiences. While many protocols include pre-sleep training—to encourage people to become more aware of their dreaming selves, for example, or to incubate specific ideas using virtual reality or computer games—a number of dream-influencing approaches can be applied during sleep. Scientists also monitor participants during sleep and collect dream reports as soon as they awake.

- Microphones record spoken dream reports.
- Vest and other wearables electrically stimulate the muscles.
- Transcranial stimulation influences neural activity.
- Handheld sleep tracker assesses changes in heart rate, muscle tone, and skin conductance.
- Electroencephalography (EEG) records neural activity.
- Lights, sounds, and scents provide sensory stimulation.
- Computer collects questionnaire data.