

新闻天天译：人类发明一台真正的梦机器 PDF转换可能丢失
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https://www.100test.com/kao_ti2020/502/2021_2022__E6_96_B0_E9_97_BB_E5_A4_A9_E5_c94_502408.htm Michel Gringas is getting ready for bed, a ritual not complete until he straps on his NovaDreamer. 一台真正的梦机器技术能够帮助控制和创造梦Michel Gringas正准备睡觉，在他与新梦想家捆在一起后，程序才算完成。 "Its the best form of virtual reality," said Gringas. "Its a reality in which you can do absolutely everything." "这是虚拟现实的最好方式，"Gringas说。"在这种现实中，你可以几乎不受限制地做任何事情。" Gringas is one of thousands who swear by the new technology that reportedly lets users control and create dreams. 据报道，Gringas是坚信控制和创造梦想这项新技术的千百名用户之一。 "Flying is the most classic example," said Gringas, a Web designer and videographer from Canada. "When you realize youre having a lucid dream, you just take off and fly!" "飞翔是最典型的例子，"来自加拿大的网页设计者兼电视录像制作人Gringas说，"当你意识到正做一个清晰的梦时，便开始起飞翱翔。" Realizing youre in a lucid dream is the key, and thats where technology developed in a Stanford University lab by world-renowned lucid dreaming expert Stephen LaBerge comes in. 意识到是在清醒梦中是关键，这说明由斯坦福大学实验室著名清醒梦专家Stephen LaBerge开发的技术便发挥作用了。 "When you do something in a dream, to the brain its as if youre actually doing it," LaBerge said. "当你在梦中做事情时，大脑感知好像是在现实中做的，"LaBerge说。 Lucid dreaming simply

means knowing that youre dreaming while youre sleeping. Think Nightmare on Elm Street, but in a good way. 简单说，清醒梦就是当你正酣睡时，你知道你在做梦。想想Elm大街上的噩梦，不过用一种安全的方式。 Control Your Dreams 控制你的梦 The NovaDreamer is a mask that senses when you drift into REM or deep sleep. Developed by LaBerges Lucidity Institute in Palo Alto, the mask emits gentle lights and sounds to provide subconscious cues that tell you youre dreaming without waking you up. 新梦想家是一种意识到自己自然地快速眼动或深入睡眠的面罩。它由LaBerge在Palo Alto的清醒研究所开发，这种面罩能发出柔和光线和声音，提供下意识暗示，在不吵醒你的前提下，使你知道自己在做梦。 If youre able to pick up on those cues - LaBerge says that with the right training, anyone can do it - youll experience a lucid dream. Youll actually be able to control what happens to you during the dream itself. LaBerge表示，如果你能领悟那些暗示，只需适当的训练，任何人都可以经历一场清醒梦。事实上，你可以控制梦中发生的事。 "In ordinary dreams we dont know its a dream until we wake up. And so we dont know the opportunities available there," LaBerge said. "If you know its a dream, you can transcend the usual limitations." "在普通的梦中，我们只有醒后才知道它是梦。所以我们不清楚那里可利用的机会，"LaBerge说。"如果你知道它是梦，就能超越一般局限。" The NovaDreamer sells for about \$300 and comes with a workbook to help the budding lucid dreamer hone his or her skills. An accessory to the device is a port that can download information from the mask directly to a PC. The data includes how many REM

episodes the user experienced during the night and at what times. 新梦想家售价300美元，还带有一本使用说明书，来帮助训练早期清醒梦者的技能。这装置的一个附件是移植端对，能够直接从面罩下载信息导入电脑。信息包括用者在夜晚经历的快速眼动出现的次数以及出现的具体时间。REM sleep is the key to lucid dreaming and LaBerge says people develop patterns for REM sleep. If you can pick up on those, he says, you can better coordinate when you might experience a lucid dream. 快速眼动睡眠是清醒梦的关键，LaBerge说人们会形成自己快速眼动睡眠的方式。他说，如果你能领悟那些，那当你经历一场清醒梦时，你就能更好地协调。For Gringas, this dream machine is a dream come true. 对于Gringas来说，这台梦机器就是使梦想实现。"While sleeping I could be awake doing other things... flying around, meeting Einstein or Gandhi, or having sex with 15 partners feeding me grapes," he said. "Its a whole world that you create!" "我睡着却能醒着做其它事情，四处飞翔，遇见爱因斯坦或甘地，还有15名女伴一边喂我葡萄一边与我做爱，"他说，"这就是你创造的整个世界！" Gringas has created a Web site devoted to capturing dreams by using video and computing technology to re-create his lucid dreams, so everyone who logs on to his site can see what he has seen. Gringas创建了一个网站，专谈利用影像和电脑技术捕捉梦源，来重新创作他的清醒梦，这样每个登录他网站的人都能看见他曾看见的。100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com