Submission Prompts:

• Please state your first name, age, city, and country.

Please respond to any or all of the following questions:
1. Can you share a recent dream?
2. Can you share a dream that made you happy, mad, surprised, angry, or confused?
3. Have you had a dream that you really wished was true when you woke up?

Recording Instructions:

• Any and all languages are welcome.
• Directions given below are for an iPhone. Instructions are similar for any phone, but the name of recording applications and sequence of steps may be slightly different.

Set-up:

• Find a quiet space without background noise.
• Soft surroundings result in better recordings (upholstery is good!)
• Turn on Airplane mode on iPhone before you start. (Go to "Settings"; "Airplane Mode"; "On")
• Open Voice Memo (Apple's default application in "Utilities") or iTalk app (By Griffin; free from the App Store).
• Label your file with name and date.
• [For iTalk you can also select file quality—choose BEST.]
• These applications use the microphones on your device. Point the part of the iPhone into which you typically speak (mic) toward the source of the audio.

Recording:

• Touch the red "Record" button to begin recording.
• Speak in a normal voice about 6-12 inches from phone's microphone.
• (Try a few test records first so you can determine how close the microphone needs to be to avoid echo)

• Record your name, age, city and country and responses to the three questions above
• Touch the red "Record" button again to stop recording audio.
• Touch the "Done" button.
• Name file now if you didn't before, then hit "OK."
• Press play to preview your recording.

Submission:

• Attachment size must not exceed 10 megabytes for each submission email.
• Multiple email submissions are encouraged.
• Supported file formats include: .wav, .aif, .m4a, and .mov.

To email files with Voice Memo from your iPhone:

• Tap the file or recording title you want to send.
• Click on "Send," choose "Mail." Type in address: submissions@radioeight.net.
• Hit "Send."

To email files with iTALK from your iPhone:

• Tap the file or recording title you want to send.
• Recording information displays.
• Select "Send" button in upper right of screen.
• Select "Email," then type in address (submissions@radioeight.net) and hit "Send."

If using another program….WAV or AIF files are the best quality (not MP3).
If given a quality option, choose BEST.

Thank you for adding a dream to RadioEight!