

Name:

Period:

## Sleep and Dream Journal for 20 points Extra Credit

1	2	3	4	5	6	7	8	9
Date and day	Time to bed	Time awake	Dreams? (Include summary if yes)	Number of hours slept	How did you feel upon waking?	Number of naps today	Energy level throughout the day	Caffeine intake

Keep up with this chart to the best of your ability for two full weeks. These are the required headings. You may add more, if you choose. The log is worth 10 points. The questions below are worth 10 points.

After the two weeks are up, **complete these questions**:

1. What was your average number of hours of sleep per night?
2. How many dreams did you recall during the two weeks? If you recalled fewer than eight dreams, what are some of the reasons why you may not have recalled your dreams? What could you do to remember more dreams? If you recalled eight or more, what explains your excellent recall abilities?
3. If you did record a dream, why do you think you had this dream (what might it mean)? Pick any dream out of the several you may have had.
4. Compare or contrast your sleep patterns during the week with your sleep patterns during the weekend. How did the differences (or similarities) in your sleep patterns affect your energy level and general attitude during those two parts of the week? Be sure to use two examples from your log to support your answer.
5. After all that you have learned about the sleep cycle, do you feel like you physically and mentally get enough sleep to allow you to fully and actively participate in the events of your day? Explain. If you answered no, please continue with the following questions: What could you reasonably do to change your sleep habits to allow you to get the best/ most sleep? What is stopping you from doing these things?