

Sleep & Dream Log

SLEEP AND DREAM LOG																									Name: _____				
	Noon	p.m.											Midnight	a.m.											Sleep Quality	# Dreams Recalled	# Nightmares	Nightmare Distress	
		Afternoon						Evening						Morning															
Date	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11					
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Use the symbols below to indicate your sleep times in the grid.

↓ = Go to Bed
 ↑ = Get out of bed
 ↔ = actual sleep
 * = Nightmare occurrence

- Rate your sleep quality each night from 0 (poor) to 10 (excellent).
- Record your number of dreams.
- Record your number of nightmares.
- Rate your nightmare distress from 0 (no distress) to 10 (extreme distress).