## Sleep & Dream Log

### SLEEP AND DREAM LOG

<table>
<thead>
<tr>
<th>Date</th>
<th>Noon</th>
<th>Afternoon</th>
<th>p.m.</th>
<th>Evening</th>
<th>Midnight</th>
<th>a.m.</th>
<th>Morning</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>12</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>

### Use the symbols below to indicate your sleep times in the grid.

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

### Record Keeping

- **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).**

### Notes

- Name:
- Sleep Quality
- # Dreams Recalled
- # Nightmares
- Nightmare Distress