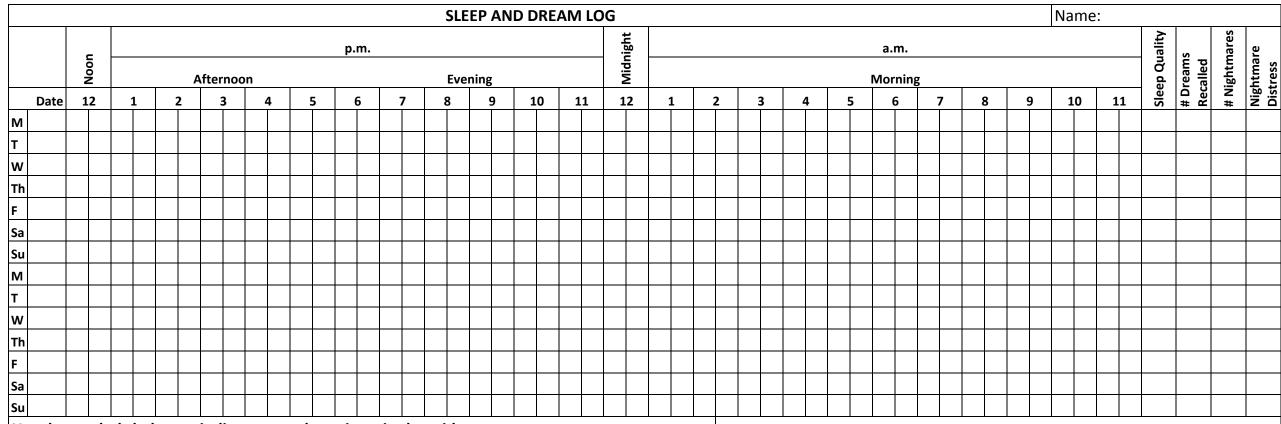
Sleep & Dream Log



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

 \downarrow = 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).