

Name _____

Hour _____

Sleep and Dreams Assignment

For one week, keep the following log of your sleeping habits.

	Time you went to bed	Approx. time you fell asleep	Time you woke up	Total sleep time	Number of times you woke up and why	How you woke up	Dreams?
Day one							
Day two							
Day three							
Day four							
Day five							
Day six							
Day seven							

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Dream Journal

Be sure to write down **at least ONE dream** from this week in detail. Even people who claim they never dream will recall a dream if awakened during the REM sleep stage. You may have greater success remembering your dreams if you use these tips:

- Keep a pen and paper next to your bed
- At night before bed, tell yourself that you'll remember your dreams and write your dream in the morning as soon as you wake up.
- When you wake up, stay laying down with your eyes closed (remember context-dependent memory!) and think about what you were just dreaming.
- With the lights still dim, write whatever pieces of your dream you are remembering on the paper you have next to your bed.
- If you try the above one night and it doesn't work, try setting your alarm for ten minutes before you normally wake up the next day. You might be able to catch yourself in the REM (dream) stage that way.

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Sleep and Dreams Evaluation Paper

Format: Based on your dream records from the sleep log and other reflections, you will write an analysis of your dreams and sleep behaviors. This must be typed-written, 2-3 pages. Staple ALL papers together with evaluation paper before turning in.

INCLUDED IN THIS PAPER:

- Analysis of sleep behavior
 - Are you getting enough sleep? Why or why not? Provide examples.
- Analysis of how you might change your sleep behavior
 - How can you change your patterns for the better? Have you noticed negative side effects? How can you reduce these? How will college change your sleep habits? How will you make sure to get your needed sleep in this new setting.
- Discussion of at least 1 dream from the last week.
 - Provide the full context, plot, setting, etc to provide a complete description of the dream. What do you think the dream meant? What did specific aspects of the dream represent? What dream theory/theories do you think best explain your dream? How does this dream relate to your waking life?

Point Breakdown:

Sleep Log: 5 pts per day/35 points total _____/35

Dream Journal: 10 pts _____/15

Paper:

Analysis of sleep behavior _____/15

Changes to behavior _____/15

Dream discussion and interpretation _____/20

Total: 100 pts _____/100