**Sleep Log and Dream Journal Assignment**

**PSY 101: General Psychology**

**Spring 2018**

**DUE: Monday, March 19, 2018**

This assignment consists of 2 main parts: (1) keeping an objective record of sleep habits and dream content for 3 weeks, and (2) writing a subjective and reflective analysis of your records.

1. **Sleep Log**

Format: This will be a hand-written/Excel Spreadsheet record of your personal sleeping habits for 3 weeks. It should record as much objective information as possible. It must include at least 18 entries.

INCLUDE IN EACH ENTRY:

* Time you went to sleep; time you fell asleep
* Time you woke up; Total hours of sleep (record times awakened, how long)
* Rate the quality of sleep on a scale of 10 (great) to 1 (poor)
* Dream memories – how many different dreams (or fragments of dreams) can you recall? What was last dream you had? Why do you think you had that dream?
* Other notes about sleep habits and behavior from that night.
1. **Sleep and Dream Journal**

Format: Based on your dream records from the sleep log and other reflection, you will write an analysis of your dreams and sleep behaviors. This must be typed-written, double-spaced 3 pages.

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 3 dreams from the last 2 weeks
	+ Provide the full the 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 theory(ies) of dreaming do you think best explain each dream? How does this dream relate to your waking life?

*Tips to Remember and Record Dreams*

In order to best remember your dreams, you should follow several steps. First, place a pen and pad next to your bed before you go to sleep. Before you go to sleep, tell yourself that you’ll be able to remember your dreams when you wake up. When you do wake up, keep your eyes closed and replay the dream until the plot and details become clear in your mind. Then, gently sit up, turn on the light, and write down what you remember about your dream. If you typically have trouble remembering your dreams, try setting your alarm clock for 10 or 15 minutes earlier than normal (this should interrupt your last dream of the night).

When recording your dream, include whatever information you can remember about:

* The setting (e.g. indoors or outdoors)
* Characters (e.g. relatives, friends, celebrities, strangers)
* Nature of the interaction (e.g. friendly, hostile, etc)
* Activities (running, speaking, flying)
* And relationship with the previous day’s events or day’s planned activities.