

Learning Opportunity! : Keeping a Dream Journal!

Your task is to keep a dream journal for approximately one week in order to record the contents of at least 5 different dreams.

Instructions:

1. 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.

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

- the setting (e.g., indoors or outdoors)
- characters (e.g., relatives, friends, strangers)
- nature of the interaction (e.g., friendly, hostile, bizarre)
- activities (e.g., running, speaking, flying)
- whether or not the dream was in color
- any relationship to the previous day's events or the next day's planned activities

3. Once you have recorded your dreams on paper,

- Please **type** them and arrange them as a list of entries according to the date of the dream.
- When typing your dreams to hand in, feel free to summarize details or to edit material that you would like to keep to yourself

4. Following your final dream entry!

Spend a paragraph or two noting your observations and feelings about your dreams.

- Did you notice any major themes or patterns to your dreams?
- Did you generally dream in color?
- Did your dreams seem meaningful or were they totally random and bizarre?
- Did you have any "lucid" dreams (i.e., in which you were aware of dreaming and exerted control over it)?
- Were there any recurring characters?
- Were there any specific events (such as diet or getting very little sleep) that seemed to influence the content or character of your dreams?