



# Sleep Log and Dream Journal

**Date:**

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What time is it as I lie down?

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What am I thinking about?

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What are some feelings I am having?

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Draw a sketch or symbols of those feelings.

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Falling asleep activity: Relaxing your body

Thinking of your toes and moving up your body, relax each one as you move toward your head. Relax your toes...relax your calves...relax your knees...relax your hips...relax your arms...relax your shoulders...relax your face...

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Did you wake up in the middle of the night? What time was it?

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What were you dreaming about? Could this dream be connected to a real-life event that happened to you?

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Draw a sketch or symbols of your dreams.

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Waking up activity: Starting your day.

What time is it as I wake up?

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What caused me to wake up?

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What feelings am I having as I wake up?

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Draw a sketch or symbols of anything you remember from your dreams.

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