

# SLEEP & DREAM DIARY (7 NIGHTS)

DATE: \_\_\_\_\_

*Complete after Awakening*

Time you went to bed: \_\_\_\_\_ Time you estimate you fell asleep: \_\_\_\_\_

Time you woke up: \_\_\_\_\_ Number of times awakened during the night: \_\_\_\_\_

TOTAL NIGHTTIME SLEEP: \_\_\_\_\_ Quality of Night's Sleep (0 – worst; 10-best): \_\_\_\_\_

Did you feel groggy after getting up in the morning? CHECK: YES \_\_\_\_\_ NO \_\_\_\_\_

*Complete at the End of the Day Naps:*

Time fell asleep: \_\_\_\_\_ Time awoke: \_\_\_\_\_ Total Nap Time: \_\_\_\_\_

Quality of Night's Sleep (0 – worst; 10-best): \_\_\_\_\_

## STANFORD SLEEPINESS SCALE

Using the following descriptions as a guide, fill in the number or letter that best matches how you feel on a typical day at the times mentioned below:

- 1- Feeling energetic, alert, wide awake
- 2- Still functioning at high levels, but not peak; still able to concentrate
- 3-Feeling awake, but mellowing; response, but not fully alert
- 4-Becoming unable to focus or concentrate; more relaxed, less alert
- 5-Unable to concentrate; losing interest in being awake; slowing down
- 6-Feeling very drowsy, fighting sleep; really would rather be lying down
- 7-No longer fighting sleep, eyelids drooping; having dream-like thoughts X-Just waking up or falling asleep
- Y-Asleep

TIME OF DAY	SLEEPINESS RATING (1-7, X, Y)
6 AM	
7 AM	
8AM	
9 AM	
10AM	
11AM	
12PM	
1 PM	
2PM	
3PM	
4PM	
5PM	
6PM	
7PM	
8PM	
9PM	
10PM	
11PM	
12AM	
1AM	
2AM	
3AM	
	* AVERAGE DAILY RATING:

### CRITICAL STEP FOR EARNING XCREDIT

Please have your PARENT or GUARDIAN sign on line below:

PRINTED PARENT (GUARDIAN) NAME

PARENT (GUARDIAN) SIGNATURE

\*Add your answers, ignoring any X or Y answers; divide TOTAL by number of 1-7 responses

## INSTRUCTIONS

### ***SLEEP & DREAM JOURNALS WILL NOT BE RETURNED***

***WEIGHT: 40 XCREDIT POINTS (with additional opportunity for 10-more XCREDIT points for a 2-line graph) to be applied to the SECOND NINE WEEK GRADING PERIOD.***

***DUE DATE: MONDAY, January 14th***

### Dream Journal Assignment

1. For the next 7 nights keep a notebook and pen (or pencil) by your bed. In the morning, before you get up or do anything else, write in your notebook. Write out your most recent dream – the details will come to you once you start. Write out as much as you can.
2. Rewrite. Type up your dream; this will be placed behind your sleep portion of the diary (Add more details as you remember them, clean up your grammar, revise for clarity. You may use separate subtitles for each dream, like a separate title, but the copy you turn in should have one main title.
3. At the end of each dream, include at least one paragraph of reflection on the possible meaning of your dream. This means each dream will be followed by at least one additional paragraph.
4. This assignment consists of 3 dreams (**Three days' of journals, minimum 2 pgs/day, typed in MLA style, and with correct Grammar.**)

### Alternate Assignment (for those who believe they do not dream)

1. Keep a daily journal for 3 days. Each of those evenings, write down your experiences from the day. Your journal should have lots of description, and meaningful reflections. Do not simply list your activities during the day... A successful daily journal will slow down, inspect, describe, and consider: who, what, when, why, how and where. Feel free to be creative and write this like a story.
2. The assignment length is the same as the dream journal which consist of 3 entries. (Three days' of journals, minimum 2 pgs/day, typed in MLA style, and with correct Grammar.)

**Parent Requirement.** Please include your parent (guardian) signature on the Sleep Log.

### **PRODUCT:**

1. NO FOLDER
2. Cover Page (use MLA format) AND make it original and interesting
3. 7 Logs (MUST BE COPIED ONLY; no others accepted; no handwritten copies) AND all must be clear and legible
  - a. Log is to be stapled as the cover sheet of your narrative
  - b. You must include PARENT (GUARDIAN) signature to earn XCREDIT
4. 3 Journal Entries linked to their respective daily log and placed behind the sleep log. See above instructions for Dream analysis or Alternate analysis
5. Below your graph word-process a **200-Word Reflection Paper** on your sleep and wake patterns, dreaming, abilities to process information, etc.
6. ADDITIONAL 10-POINTS. For additional points, graph your **average daily Stanford Sleepiness Rating AND hours of total sleep** on one graph covering 7 days. Make sure you label your twolines and use appropriate labels. Label each axis. Provided it is NEATLY CONSTRUCTED you may hand-draw the graph on appropriate graphing paper

**NOTE:** Sloppy, incomplete (in any capacity), lack of following directions, or lack of attention-to-details will result in zero points earned for extra credit. ***There will be NO partial credit for incomplete, partial, sloppy or lack of following instructions.***