

Name: _____

McMurray/Tarshish

Sleep and Dream Journal Reflection

Directions: Use these questions below to reflect and analyze on your sleep and dream journal. Use the headings to organize your reflection. You must have **FOUR** sections clearly labeled with the following headings "Sleep Hygiene," "Impact of Sleep," "Dream Analysis," "Future Sleep Plan."

Sleep Hygiene

Summarize your sleep habits (bed and wake times/routines, quality of sleep, location, naps, waking up in the middle of the night, etc.)? Identify and analyze the trends or patterns you've noticed from observing 10 nights of sleep (ex. I noticed that when I stay up past midnight I have a really hard time getting out of bed and hit a wall around 7th period)? Are you consistent with these patterns? What is your sleep space like (Bed or couch? Traditional mattress or waterbed? Music, tv, or silence in the backdrop? Share a room, etc.)?

Impact of Sleep

Is there a correlation between the amount of sleep you get and your daily energy level? What about your mood and temperament? Ability to concentrate or focus? Ability to think quickly? How does sleep affect your memory?

Dream Analysis

Based on dream analysis theory (Freudian, information processing, physiological, activation-synthesis), how would you explain the content of some of your dreams (feel free to choose two)? Use examples of dreams from the 10-day monitoring period and if you didn't have any, draw on one from your past as a basis for this question.

Future Sleep Plan

Using the articles, text readings, and video notes from this unit, construct a **research-based** plan to improve your sleep hygiene. It should address: sleep and wake times, quality of sleep, sleep cycles, need for napping, daytime effects of lack of sleep, increasing dream space, sleep deprivation or disorders. You must use **TWO sources** to support your plan. Cite the sources in text with author's last name and page number or title for films [ex. (Davis, 4) or (*60 Minutes: The Science of Sleep*)].

Potential Sources: Reading packet, 60 Minutes: Science of Sleep Video, 90 Minute Solution-Ultradian Rhythms, Two Articles on Sleep Hygiene, Four Articles on Dreams, Lecture notes