Debelak Psych

Sleep and Dreams Log

For two weeks, keep this log daily. Be as detailed as possible.

Day/ Date	Time to Bed Prior Night	Time You Woke Up	# Hours Sleep	Brief description of dreams (if any)	Feelings upon awakening	# of naps today & length	Caffeine intake?	Mood throughout the day	Memory/cognitive ability through the day	Energy/ concentration level throughout day
Example: Fri, 3/16	12:30 AM	6:30 AM	6	I was taking a psychology test and my teacher embarrassed me	Dreading going to school	1 nap for 1.5 hours at 3:30 PM	1 iced coffee and 4 Mountain Dews	Good	A bit sluggish; struggled on my psych quiz. I knew the stuff too	Moderate… not high, not low

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