DreamGuideHub

Sleep & dream diary (14 days)

Fill in the morning, within an hour of getting up. Guess times if you are unsure; roughly right is fine. Questions follow the kind of items doctors use in a standard sleep diary, plus dream rows. If you will show this to a doctor, ask which format they prefer.

Week 1	Night 1	Night 2	Night 3	Night 4	Night 5	Night 6	Night 7
Date							
Went to bed at							
Tried to fall asleep at							
Minutes to fall asleep							
Times I woke in the night							
Total minutes awake in the night							
Woke for the last time at							
Got out of bed at							
Sleep quality 1 = very poor, 5 = very good							
Dream recall 0 none · 1 feeling · 2 fragment · 3 scene · 4 whole dream							
Number of dreams remembered							
Mood in the dream (calm / good / odd / worried / scary)							
Bad dream or nightmare? Y / N							
Main thing in the dream (3 words)							
Yesterday: caffeine, alcohol, stress, medication, exercise							

Source for item types: Carney et al. (2012), The Consensus Sleep Diary, Sleep 35(2), doi.org/10.5665/sleep.1642. This diary adds dream rows and is not a validated clinical instrument or medical advice. Talk to a doctor if poor sleep affects your days.

Sleep & dream diary: week 2

Week 2	Night 8	Night 9	Night 10	Night 11	Night 12	Night 13	Night 14
Date							
Went to bed at							
Tried to fall asleep at							
Minutes to fall asleep							
Times I woke in the night							
Total minutes awake in the night							
Woke for the last time at							
Got out of bed at							
Sleep quality 1 = very poor, 5 = very good							
Dream recall 0 none · 1 feeling · 2 fragment · 3 scene · 4 whole dream							
Number of dreams remembered							
Mood in the dream (calm / good / odd / worried / scary)							
Bad dream or nightmare? Y / N							
Main thing in the dream (3 words)							
Yesterday: caffeine, alcohol, stress, medication, exercise							

Two-week summary Nights I remembered a dream: ____ / 14 Nightmares: ____ Average sleep quality: ____ Pattern I noticed: