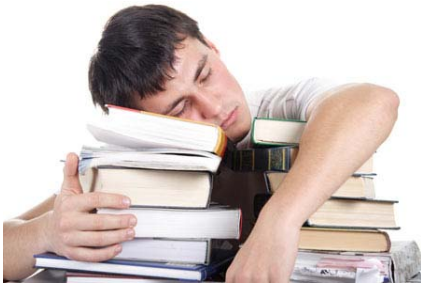


# Sleep Log

At the beginning of the Consciousness unit, you will begin your sleep log. You will monitor your sleep patterns for 14 days-2 weeks. This project will be due at the end of the unit, so you **MUST** start this project on day 1 or even before we begin the consciousness unit.



Because much of this information is subjective (personal information/opinion), you may personalize it however you feel is necessary. However, a key must be included so that I can decipher what is meant if only a number is provided in columns 6,7,8 or 9. You may also add more columns if you desire.

Date/Day	Time to Bed	Time Awake	Dreams? (include summary if yes)	No. of Hours slept	How did you feel upon waking?	No. of Naps today	Energy level throughout the day	Caffeine Intake

After 2 weeks, complete the following questions and hand in your sleep log and answers at the end of the unit.

1. What was your average number of hours of sleep per night?
2. How many dreams did you recall during the two weeks? If you recalled fewer than eight dreams, what are some of the reasons why you may not have recalled your dreams? What could you do to change that? If you recalled eight or more, what explains your excellent recall abilities?
3. If you did record a dream, why do you think you had this dream (what might it mean)? Pick any dream out of the several you may have had.
4. Compare or contrast your sleep patterns during the week with your sleep patterns during the weekend. How did the differences (or similarities) in your sleep patterns affect your energy level and general attitude during those 2 parts of the week? Be sure to use 2 examples from your log to support your answer.
5. After all that you have learned about the sleep cycle and do you feel like you physically and mentally get enough sleep to allow you to fully and actively participate in the events of your day? Explain.