Please enter your date of birth (ddmmyy) followed by a random word: ………………………………………..

*This will become your personal ID code and will be used to pair your dream journal with your questionnaire answers. You will be asked to provide this ID code at the start of the questionnaires.*

*Dream Diary*

* Please fill in one table every morning for the month of the study if you remember having one or more dreams.
* Each morning, please circle the number of dreams that you remember and then tick the appropriate box for each of the dreams that you remember.
* If you do not remember your dreams in the morning you do not need to complete a table.

*A lucid dream is any dream in which one is aware that one is dreaming.*

*A recurring dream is a dream which is experienced repeatedly over a long period.*

*A dream with a logical pattern is one that continues to make perfect sense after you wake up.*

*Day 1 ………………………………………..*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 2 ………………………………………..*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 3 …………………………………………*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 4 …………………………………………*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 5 ………………………………………..*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 6 ………………………………………..*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 7 …………………………………………..*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 8 ………………………………………*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 9 …………………………………….*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 10 ………………………………………*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 11 ……………………………………….*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 11 ………………………………………..*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 12 ………………………………………….*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 13 ………………………………………….*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 14 …………………………………………..*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 15 …………………………………………..*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 16 …………………………………………..*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 17 ……………………………………………*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 18 ………………………………………….*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 19 ……………………………………….*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 20 ………………………………………….*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 21 ……………………………………………*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 22 …………………………………………*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 23 ………………………………………..*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 24 ………………………………………..*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 25 ……………………………………………*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 26 ……………………………………………*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 27 ………………………………………….*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 28 ………………………………………*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 29 …………………………………………*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

*Day 30 …………………………………………*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| How many dreams do you remember from last night? | Lucid Dream | Logical Pattern | Negative Content e.g. nightmare | Positive Content | Recurrent  Dream |
| 1 |  |  |  |  |  |
| 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |
| 4 |  |  |  |  |  |

Thank you for taking part in my study! You have now completed the dream diary.

Please return this diary to [andreea.rizea@study.beds.ac.uk](mailto:andreea.rizea@study.beds.ac.uk)