

Dream JOURNAL

Sleep Hygiene

Don't think of sleep as just hitting the off switch. It's a powerful process that keeps your entire mind and body healthy. Getting enough quality sleep, with deep sleep and REM cycles, strengthens your memory, thinking skills, immune system, hormones, and mental well-being.

Sure, we all miss out on sleep sometimes. But constantly skimping on shut-eye, whether due to bad sleep habits or sleep disorders like apnea, can hurt your physical and mental health.

Good sleep hygiene goes beyond a set bedtime and relaxing routine. It also involves your daily activities, like getting natural light in the morning and avoiding harsh blue light at night. All these things affect how well you sleep.

Shift workers and people with jet lag face a tougher challenge, but healthy sleep habits are even more important for them. Techniques like timed bright light exposure, limited napping, and sometimes melatonin or earplugs can help counteract these disruptions.

By understanding these sleep hygiene tips, anyone can work towards a good night's rest, leading to better overall health and happiness.

What is dream journaling?

Dream journaling is the practice of writing down your dreams as soon as you wake up. This can include the time you think you fell asleep, when you woke up, and any details you can recall about your dreams. Even if you don't remember anything immediately upon waking up, you may recall something later in the day and can write that down as well.

Dream journaling can help you identify whether your dreams occurred during REM sleep or slow wave sleep, based on the presence of theory of mind.

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8 Reasons why it's Worthing trying Dream Journaling

1. Improve your dream recall
2. Understand your subconsciousness
3. Process emotions
4. Get inspired + boost creativity
5. Lear to spot theme, patterns, and symbols in your dreams
6. Learn to correlate dreams with other life factors
7. Understand your sleep patterns
8. Develop your capacity for lucid dreaming.

10 Tips for Dream Journaling

1. Keep your dream journal near your bed
2. Record your dreams as soon as possible after waking up
3. Write in the present tense
4. Include sensory details
5. Record your emotions
6. Keep track of recurring themes or symbols
7. Use sketches or drawings
8. Don't worry about grammar or spelling, let it flow
9. Interpret your dreams
10. Regularly review your dream journal.

Extra Resources if you'd like to dive deeper into sleep science:

[Why We Dream](#) - Huberman Lab

[Use Sleep to Enhance Learning, Memory & Emotional State](#) - Huberman Lab

[Perfect Your Sleep](#) - Huberman Lab

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If it's easier for you to journal using some prompts here are few questions to help you to reflect about your dreams.

1 **WHAT HAPPENED IN MY DREAM?**

2 **WHO WAS IN MY DREAM?
WHAT WAS THE SETTING OF MY DREAM?**

3 **WHAT WAS THE MAIN THEME OF MY DREAM?**

4 **WHAT EMOTIONS DID I FEEL IN THIS DREAM?**

5 **WHAT THOUGHT DID I HAVE DURING OR AFTER MY DREAM?**

6 **HOW DID I FEEL UPON WAKING UP**

7 **HOW DOES THIS DREAM IS RELATED TO MY LIFE?**

8 **WHAT MIGHT THIS DREAM MEAN?**

INTENTIONALLY CREATING A NEW VERSION OF SELF



THIS IS NOT A QUICK FIX

Repetition is key in this practice. In order to re-wire the neural pathways, you'll need to commit to doing this for 5-10 minutes every single morning for 30 days. Plan your days accordingly so that you don't skip a day. Set an alarm earlier or put a reminder on your phone to do this before you start the day. Keep the journal in a space where it's convenient.



NEUROSCIENCE CONFIRMS THE IMPORTANCE OF WRITING

Research shows that writing things down is a powerful tool to re-wire the mind. As you are writing, stay present and focus on the words and emotions those words bring up.



WORK THROUGH THE RESISTANCE

Whenever you begin a new ritual, the brain will create a lot of 'mental chatter' around it. This is because the brain does not like new and uncertain situations. Getting past your mind to show up for yourself is a valuable practice.

Let's stay connected!



[energising_goals](https://www.instagram.com/energising_goals)



beata@energisinggoals.com



www.EnergisingGoals.com



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