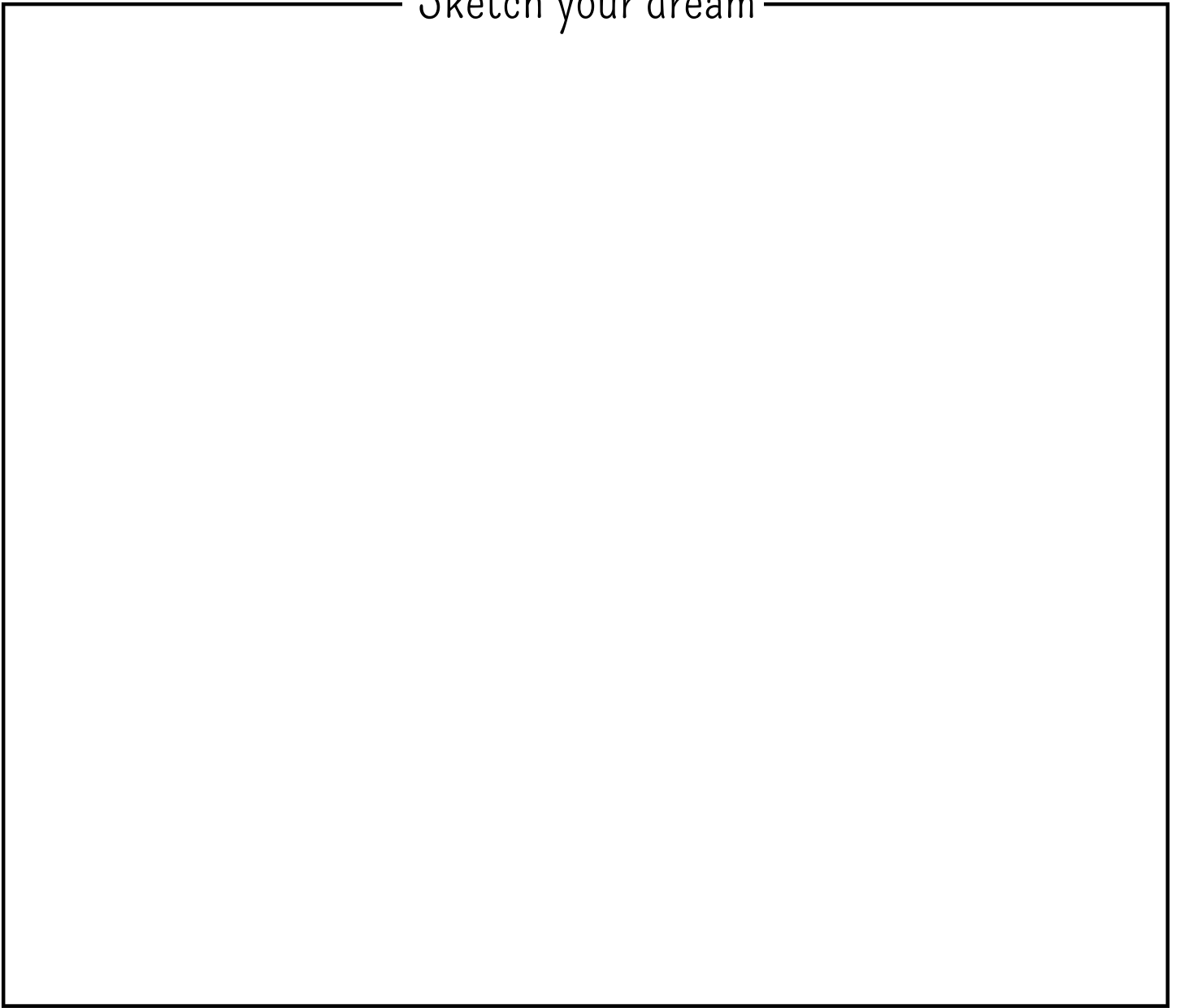




# Sketch your dream



Sleep-Wake up time:

Dream type:

- |                                          |                                          |
|------------------------------------------|------------------------------------------|
| <input type="checkbox"/> Nightmare       | <input type="checkbox"/> False awakening |
| <input type="checkbox"/> Recurring       | <input type="checkbox"/> Normal          |
| <input type="checkbox"/> Sleep paralysis | <input type="checkbox"/> Lucid           |

Used techniques:

Notes: \_\_\_\_\_