

## Nightmare Diary

<b>DATE</b>							
<b>DAY OF WEEK</b>							
<b><i>Last night</i></b> , how many <b>dreams</b> did you have?	_____ dreams	_____ dreams	_____ dreams	_____ dreams	_____ dreams	_____ dreams	_____ dreams
<b><i>Last night</i></b> , how many <b>nightmares</b> did you have?	_____ nightmares	_____ nightmares	_____ nightmares	_____ nightmares	_____ nightmares	_____ nightmares	_____ nightmares
<b><i>During the night</i></b> , how intense were the dreams?	_____ 0-10	_____ 0-10	_____ 0-10	_____ 0-10	_____ 0-10	_____ 0-10	_____ 0-10
<b><i>After waking</i></b> , what level of distress did you experience?	_____ 0-10	_____ 0-10	_____ 0-10	_____ 0-10	_____ 0-10	_____ 0-10	_____ 0-10
<b><i>If you can remember</i></b> , what were the disruptive aspects or themes of the dreams?							