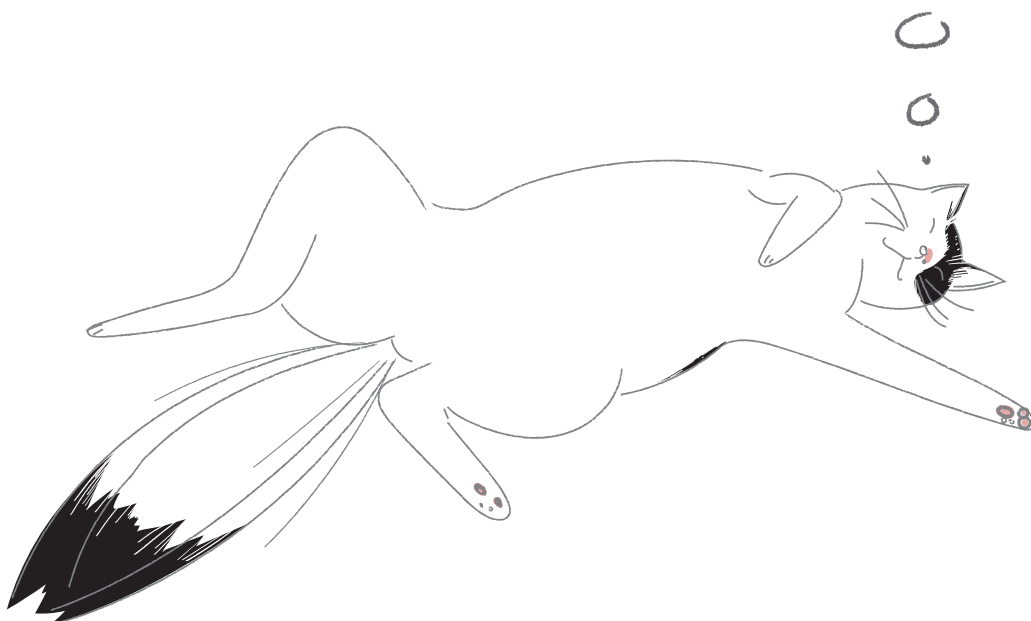


The Magic of Sleep

Written and illustrated by
Vicky Woodgate

Dream
Diary



For the curious

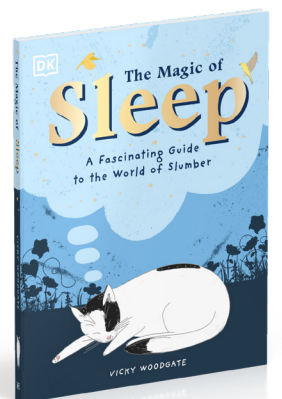
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The Magic Of Sleep

by Vicky Woodgate

Sleep Diary

Let's record your dreams. Write down what you can remember or draw what you saw or felt.

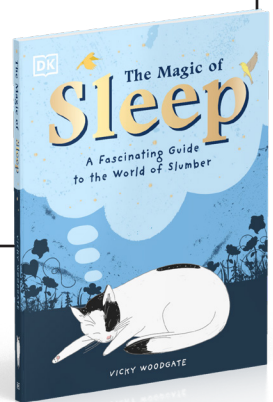
Keep the worksheets by your bed with a pen or pencil. Make some notes when you wake up, you could draw a picture of what you saw later.

What happened in your dream?

Date

Type of dream

- Funny
- Boring
- Scary
- Recurring
- Weird
- Exciting



The Magic Of Sleep

by Vicky Woodgate

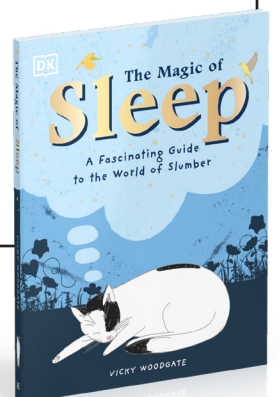
Sleep Diary

Draw your dream

Date

How did it make you feel?

- | | | |
|------------------------------------|---------------------------------|----------------------------------|
| <input type="checkbox"/> Happy | <input type="checkbox"/> Scared | <input type="checkbox"/> Sad |
| <input type="checkbox"/> Surprised | <input type="checkbox"/> Joyful | <input type="checkbox"/> Worried |



For the curious