

Psychology – Dream Analysis

You are to type a 1-page paper answering each part below. It must be in Times New Roman font, size 12, single spaced, 1" margins all around.

- o Analysis of sleep behavior
 - o Are you getting enough sleep? Why or why not? Provide examples.
- o Analysis of how you might change your sleep behavior
 - o How can you change your patterns for the better? Have you noticed negative side effects? How can you reduce these? How will college change your sleep habits? How will you make sure to get your needed sleep in this new setting.
- o Discussion of at least 1 dream from the past week.
 - o Provide the full the context, plot, setting, etc. to provide a complete description of the dream. What do you think the dream meant? What did specific aspects of the dream represent? What dream theory/theories do you think best explain your dream? How does this dream relate to your waking life?