Catch One Dream



A two-minute practice for the moment you wake. Use your normal alarm and wake time; nothing here asks you to change your sleep.

1. **Before sleep.** Place a notebook and pen, or your phone's notes app, within reach. As you settle into bed, tell yourself gently: “I'll remember my dreams.”
2. **On waking, stay still.** Keep your eyes closed and your body in the same position for a moment.
3. **Catch one detail.** Ask yourself, “What was I just experiencing?” Look for one image, feeling, person or place.
4. **Follow the thread.** Let that one detail lead you to anything connected to it. If nothing comes, notice your first feeling of the morning.
5. **Write one line.** Note it down before you get up, even a single word. Add the date.
6. **Let it go.** Start your day. Over the coming weeks, notice what returns.

Date _____

ONE IMAGE	ONE FEELING
WHO WAS THERE?	ANYTHING THAT REPEATS?

> Care note: This practice asks nothing of your sleep. Don't set extra alarms or wake yourself in the night to remember dreams. If you have frequent nightmares, sleep paralysis or ongoing sleep problems, talk with a healthcare professional.

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