Sleep Journal

The Sleep Journal is used for recording your sleep preparation pattern as well as your sleep cycles. The stress hormone cortisol is produced by the HPA axis, which also affects your sleep cycles. With chronic unresolved PTSD, your entire circadian rhythm can be disrupted.

Please read these articles for a comprehensive understanding of the vital importance that your sleep cycle has upon your mental health, especially on your ability to alter the somatic biological components of your mental health:

<https://www.sleepassociation.org/about-sleep/what-is-sleep/>

Write your bedtime routine (follow this article’s instructions):

<https://www.sleepfoundation.org/sleep-hygiene/bedtime-routine-for-adults>

Follow these tips to improve sleep cycles:

<https://www.sleepassociation.org/about-sleep/tips-for-getting-a-good-nights-sleep/>

Here are instructions for using a sleep diary (journal) and sleep log:

<https://www.sleepfoundation.org/sleep-diary>

The two journals (Daytime Journal and Sleep Journal) are used together in your psychotherapy session.

The nightly review you make of the Daytime Journal allows your brain to integrate and process your experiences during its sleep cycles.

“During sleep, the brain replays neural firing patterns experienced while awake, also known as "offline replay." Replay is thought to underlie memory consolidation, the process by which recent memories acquire more permanence in their neural representation.”

 For more information about that process, read this article:

<https://www.sciencedaily.com/releases/2020/05/200505121711.htm>

After you have gained mastery of the Daily Journal and the Sleep Journal, we will begin to integrate your Dream Journal into psychotherapy. To begin your cognitive understanding of “interpretation” of dream metaphors for this treatment stage, read this article:

<https://www.asdreams.org/baw-metaphorindreams/>

During our psychotherapy session, we discuss the insights and cognitive processes of which you have gained mindfulness understanding. Each session builds upon your current status. No two individuals will experience the same psychotherapy process, though the overall treatment plan (as described with the “IN SYNC” videos) and the interventions (as described with the “Self-Help” videos) are the same.