

The Dream Recall Journal

A printable template and morning protocol from Mindful Slumber

Dream memory is perishable. Most of what you experienced is gone within minutes of opening your eyes, and gone almost entirely once you stand up and start the day. This template exists to shorten the gap between waking and writing.

Print pages 3 and 4 as many times as you need, or keep them beside the bed in a folder. Page 2 is the five-minute morning protocol - read it once, then let the page do the remembering for you.

How to use this template

1. Keep it within arm's reach of the pillow, with a pen already clipped to it.
2. Fill the Fragment Line before you move or check your phone. One word counts.
3. Complete the rest of the page while still lying down, in whatever order the memory offers.
4. On blank mornings, still write the date and your mood. The habit is the intervention.
5. Once a week, use the Pattern Review page to scan for recurring signs.

If you would rather not turn a light on

Reverie: Dream Diary is our on-device dream journal, built for one-tap voice capture in a dark room at 3 a.m. Your entries stay on your phone. Use paper, use the app, or use both - the protocol on the next page is identical either way.

If recall is the doorway, not the destination

Mindful Slumber: Tibetan Dream Yoga teaches the milam practices that begin where recall ends - recognising the dream, stabilising it, and questioning what experience is made of. Dream yoga assumes you can remember the night. This page is where that starts.

Educational material, not medical advice. If dreams or nightmares are damaging your sleep or your days, speak with a qualified clinician.

The five-minute morning recall protocol

Do these in order, without getting up. The whole sequence should feel lazy rather than diligent.

0:00 - Stay still, eyes closed

Do not move, do not roll over, do not reach for the phone. Keep the position you woke in; posture is a retrieval cue.

0:30 - Ask one question

Silently ask: 'What was I just experiencing?' Then wait. Do not chase. Fragments usually surface in the pause after the question, not during it.

1:00 - Sweep the four channels

Image, feeling, place, person. Touch each one lightly. A single emotion or a colour is a legitimate catch.

1:30 - Say it out loud or write the fragment line

Convert the memory into language immediately. Language is what survives the walk to the kitchen.

2:00 - Pull the thread backwards

From the fragment you have, ask what happened just before it. Dreams often unspool in reverse.

3:00 - Fill the page

Details first, interpretation never. Write what happened, not what it means.

4:30 - Name one dream sign

One recurring oddity: a place, a person, a physical impossibility. This is the raw material for lucidity training.

5:00 - Get up

Close the book. Do not analyse before coffee, and do not grade yourself on the result.

On mornings you remember nothing

Write the date, your mood, and 'no recall'. Blank entries are data, and they keep the habit from collapsing on the first bad week. Recall typically climbs over two to three weeks of consistent attention, not overnight.

Dream entry

Date _____ Woke at _____ Hours slept _____ Woke naturally? Y / N

FRAGMENT LINE - WRITE THIS BEFORE YOU MOVE

THE DREAM, IN PRESENT TENSE

EMOTIONS DURING THE DREAM

EMOTION ON WAKING

PEOPLE AND PLACES

DREAM SIGNS - ANYTHING IMPOSSIBLE, RECURRING, OR SUBTLY WRONG

RECALL QUALITY

- | | | |
|---|---|---------------------------------------|
| ☐ Nothing | ☐ A feeling only | ☐ One fragment |
| ☐ Several scenes | ☐ A full narrative | ☐ Lucid |

LAST NIGHT

- | | | |
|----------------------------------|---|---|
| ☐ Alcohol | ☐ Late screen | ☐ Late meal |
| ☐ Stress | ☐ New medication | ☐ Set an intention |

Weekly pattern review

Once a week, read back through your entries and answer these. Describe first; resist meaning for as long as you can stand it.

Week of _____ Mornings with any recall: ____ / 7 Lucid nights: ____

RECURRING PEOPLE, PLACES, OR OBJECTS

RECURRING EMOTIONS

CANDIDATE DREAM SIGNS TO WATCH FOR TONIGHT

WHAT HELPED RECALL THIS WEEK

WHAT HURT IT

ONE INTENTION FOR NEXT WEEK

Carrying this into practice

A dream sign you can name is a dream sign you can be prompted by. If you want to go further, the Mindful Slumber app pairs this record with Tibetan dream yoga training, and Reverie keeps the record itself private and on-device. Neither replaces the pen beside your bed.