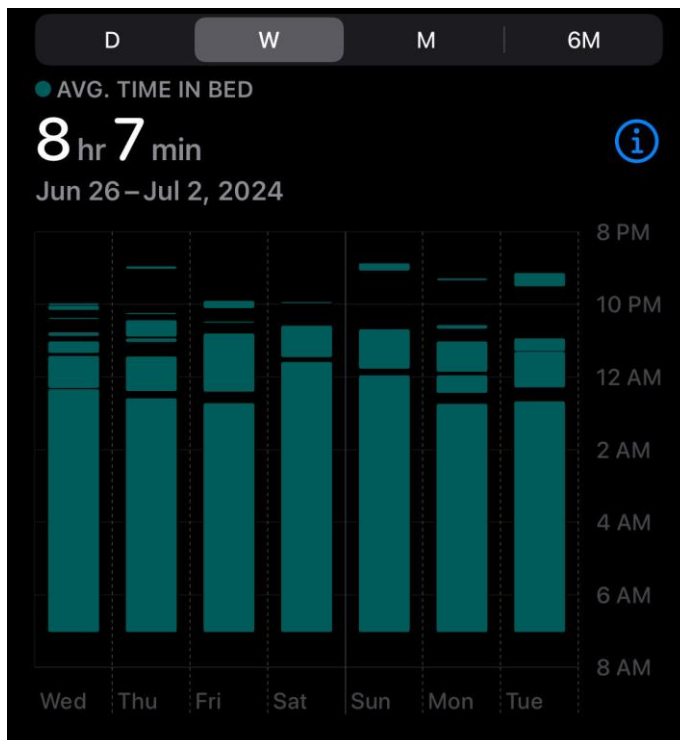


Jay-Alexander Elliot

7-3-2024

(M3) B/I: Mindfulness & Sleep

Date and Day of the Week	Time Asleep	Wake Time	Amount of Time Slept
June 26, Wednesday	10:30 PM	7:15 AM	8 hours 45 minutes
June 27, Thursday	11:00 PM	7:00 AM	8 hours
June 28, Friday	11:45 PM	7:30 AM	7 hours 45 minutes
June 29, Saturday	12:30 AM	8:15 AM	7 hours 45 minutes
June 30, Sunday	11:15 PM	7:15 AM	8 hours
July 1, Monday	11:45 PM	7:45 AM	8 hours
July 2, Tuesday (Meditation Night)	11:30 PM	7:30 AM	8 hours



**What did you learn about your own sleep habits from your sleep self-assessments?**

- Admittedly, I've been working on my sleep for quite some time now, and the only thing that's surprised me is wakefulness shortly after midnight. Everything else is stuff I've known about my sleep for some time now. For example, I fall asleep quickly once I go to bed and generally wake up feeling rested. However, noticing that I often wake up around midnight is a new observation, which might indicate a disturbance in my sleep cycle or an external factor affecting my sleep.

**What was the date and time of your sleep Mindfulness Meditation?**

- The date for my Mindfulness Meditation was July 2nd, 2024, and I practiced it just before going to bed at around 11:30 PM.

**What did you choose for your calming focus?**

- My choice for a "calming focus" was a body scan. This technique involves mentally scanning my body from head to toe, paying attention to how each part feels. I find this method particularly effective because it helps me become more aware of physical sensations and promotes relaxation.

**What was your experience as you tried to let go and let your body parts relax?**

- As I tried to let go and let my body parts relax, I became acutely aware of various sensations within my body: numbness in my palm extending to my pinkie, the rhythm of my heartbeat and breathing, and the rushing sound in my ear. These sensations became more pronounced, but rather than being distracting, they

helped me focus and gradually led to a deeper state of relaxation. I felt myself growing more relaxed with each breath, and the tension in my muscles started to melt away.

**Describe an effect the Mindfulness Meditation had on your sleep?**

- The major effect that Mindfulness Meditation had on me was that it helped me enter the dream state much more effectively. I noticed that I fell asleep faster and had a more restful sleep. Additionally, I experienced more vivid and lucid dreams, which I attribute to the deep state of relaxation I achieved through the body scan.

**Did anything surprise you?**

- I wasn't surprised at the body scan's effectiveness for consistently entering a lucid dream state, as I have used this technique before. However, I was pleasantly surprised by how quickly and deeply it allowed me to relax this time. It reaffirmed the importance of regular mindfulness practice for enhancing sleep quality.