

# Juliette Lee

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## Increasing dream recall

1. Before going to bed, make it your intention to remember your dreams. Put your recording materials by your bed and ask your unconscious to share a dream with you during the night.
2. Get to bed a little earlier than usual.
3. Avoid taking unnecessary medications before bed. Antihistamines for example, can inhibit recall.
4. If you wake in the night, focus on any dream images you have. Jot down a few words to jog your memory in the morning. Don't let your sleepiness talk you into believing that you will remember in the morning or that the images have no significance. It is easy to talk yourself out of the necessary steps for recall.
5. Some people find it helpful to drink extra water before bed so that they have to get up in the night, thus waking up close to a dream segment and gaining recall.
6. If you have no recall during the night and you cannot make any connections to your dreams upon awakening, stay quietly in bed, eyes closed, and imagine some of the people in your life or some of the settings that are familiar to you. Sometimes just flipping through these images will stimulate a reminder of the dream.
7. Resume the sleeping position you were in while dreaming – usually your most comfortable sleeping position.
8. Write anything you remember – even if it is only one word, an emotion, or a physiological response. One word can sometimes lead you to important information about your dreams. Nothing about your unconscious is insignificant. If you awake with a song in mind, write down the name of the song or the phrase you are remembering.
9. If you cannot remember anything, make a note to that effect. “I do not remember anything about my dreams last night.” It is amazing how receptive your unconscious is to your true efforts. Once you are serious about the process, the unconscious will reward you with dream memories.

*Source Adapted from Justina Lasley, Honoring the Dream: A Handbook for Dream Group Leaders.*

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