FREE · THE 3AM RESCUE CARD

Woke up at 3am?

Do this, in this order.

1. **Don't check the time.** Knowing it's 3:12 starts the "how long have I got" maths, and the worry wakes you up more. Turn the clock to the wall tonight.

2. **Leave the phone alone.** Bright screens and scrolling tell your brain the day has started. Keep it face down, out of reach.

3. **Take the pressure off.** Say silently: *"I don't need to sleep right now. I just need to rest."* Sleep comes easier when you stop chasing it.

4. **Breathe out long.** In through the nose for 4… out slowly for 6 to 8. Ten breaths. A long exhale calms your body's alert mode.

5. **Go heavy.** Let each part sink into the bed: forehead, jaw, shoulders, arms, belly, legs, feet. Then start again, slower.

6. **Busy mind? Shuffle.** Pick a word, like BED. Picture random things starting with B: banana… bicycle… balloon… Then E, then D.

7. **Feels like 20 minutes and you're frustrated?** Get up. Sit somewhere dim, do something boring, and go back to bed only when you're sleepy.

8. **In the morning:** get up at your normal time, get some daylight, no naps. Tonight's sleep will be stronger for it.

Want the full 14-night plan?

The 3AM Fix is my complete step-by-step system to stop lying awake in the middle of the night. It uses the same proven methods (CBT-I) that sleep doctors recommend first. Look out for it in my next email.

Education only, not medical advice. If you snore loudly, gasp or stop breathing in your sleep, feel dangerously sleepy in the day, or your sleep problems last more than 4 weeks, see a doctor.

Omoefe Ifedime · Sleep Systems · NeuralSnooze

YouTube: @omoefesleepsystems