



Awake Again at 3 A.M.?™

Use these steps to reduce pressure and make space for sleep to return.



1. SKIP THE CLOCK

Turn the clock away and resist calculating how much sleep is left.



2. CHECK YOUR COMFORT

Adjust your temperature, bedding, pillow or bathroom needs with as little light as possible.



3. RELEASE THE EFFORT

Let your breathing stay natural.
Rest quietly instead of trying to force sleep.



4. GIVE YOUR MIND ONE FOCUS

Notice body sensations, picture a familiar peaceful place or repeat a neutral word.



5. IF YOU FEEL WIDE AWAKE

Leave the bed for a quiet activity in dim light.
Return when sleepiness begins.

AVOID FOR NOW



Bright screens



Work or chores



News or social media



Repeated clock-checking



GENTLE REMINDER

One wakeful night does not need to become a battle. Keep the environment quiet and the next step simple.



Martine's Midlife Wellness Tip

Prepare a small nighttime kit with a dim book light, tissues, water and something quiet to read.