



After a Rough Night™

Support your energy today while protecting your chance of sleeping tonight.



MORNING

- ☐ Get up close to your usual time.
- ☐ Seek natural light after waking.
- ☐ Drink water and eat a balanced meal.
- ☐ Use caffeine thoughtfully, not continuously.



MIDDAY

- ☐ Choose steady meals instead of chasing energy with sugar.
- ☐ Take gentle movement or fresh-air breaks.
- ☐ Reduce nonessential demands when possible.
- ☐ If you nap, keep it brief and earlier in the day.



EVENING

- ☐ Return to your usual wind-down routine.
- ☐ Keep caffeine and alcohol away from bedtime.
- ☐ Go to bed when you feel sleepy.
- ☐ Avoid trying to make up every lost hour at once.



PROTECT YOUR SAFETY

Do not drive or operate equipment if you are struggling to stay awake.
Ask for help or change your plans.



TODAY'S PRIORITY

The one thing that truly needs my energy today is: _____



GENTLE REMINDER

A rough night can make ordinary tasks feel harder. Lowering expectations is part of recovery.



Martine's Midlife Wellness Tip

Save your limited energy for what matters most and let 'good enough' be enough for today.