

3AM EMERGENCY PROTOCOL CARD



INSTANT RELIEF IN
THE DARKEST HOUR.



The 3AM Emergency Protocol Card

Your Bedside Quick-Reference Guide (Print & Laminate)

Instructions

Print this card and keep it on your nightstand. When you wake at 3AM, follow this sequence exactly — no thinking required.

THE WeLUNOVA™ 3AM RESET PROTOCOL™

Your 20-Minute Container

MINUTE 0-2: ORIENT

- ✓ Move slowly (speed = urgency signal)
- ✓ Soft eyes (no detective mode)
- ✓ Say once: "This is a pattern. I know what to do."

MINUTE 2-8: RESET #1 – CALM

Downshift your nervous system

Choose ONE:

☐ **Long Exhale Breathing (Default)**

- Inhale for 4 counts
- Pause for 1 count
- Exhale for 6-8 counts
- Repeat 8-10 rounds

☐ **Unclench Scan**

- Forehead → soft
- Jaw → loose (teeth apart)
- Shoulders → drop
- Hands → uncurl
- Belly → soften
- Thighs → soften
- Repeat once

MINUTE 8-12: RESET #2 – COOL

Stabilize temperature signals

☐ **Remove one layer OR pull covers to waist**

☐ **Cool ONE point for 30-60 seconds:**

- Neck (back or sides)
- Wrists (inside)
- Behind knees

☐ **One small sip of water**

☐ **Return to slow breathing × 3 rounds**

MINUTE 12-20: RESET #3 – RECONNECT

Guide your mind into drift

Choose ONE:

☐ **Sensory Scan Loop**

- Notice 5 sensations (weight, texture, air)
- Notice 4 contact points (back, legs, shoulders, hands)
- Take 3 slow exhales
- Repeat loop

☐ **Neutral Sleep Story**

- Walk through grocery store (aisle by aisle)
- Fold laundry (towels, shirts, socks)
- Organize drawer (item by item)
- Describe in SLOW detail

AFTER 20 MINUTES:

If frustration is rising (not just awake):

- ➔ Get up for 5-10 min low-stimulation reset
- ➔ Return to bed
- ➔ Start at RECONNECT

YOUR 3AM RULES (No Exceptions):

- ☐ NO PHONE
- ☐ NO BRIGHT LIGHTS
- ☐ NO PROBLEM-SOLVING
- ☐ NO CLOCK-CHECKING (or check once only)

**Remember: You're not forcing sleep.
You're opening the door and letting sleep pressure do its job.**

My Personal Protocol Choices

Pre-fill these in daylight so you don't have to decide at 3AM:

My default CALM technique:

My default COOL point:

My default RECONNECT skill:

My 'escalation threshold' (frustration 0-10):

Where I keep this card:



In "3AM Emergency Protocol Card" discover a practical guide designed to help you navigate those restless 3AM wake-ups with ease. This quick-reference card outlines a simple, step-by-step protocol to reset your mind and body, ensuring a smoother transition back to sleep without the chaos of anxiety or distractions. With personalized choices and essential rules, reclaim your nights and embrace restful sleep once again.

