

# 7-NIGHT SLEEP PATTERN TRACKER

The 3AM Reset  
for Perimenopause



TRACK YOUR PROGRESS.



# The 7-Night Sleep Pattern Tracker

Identify Your Dominant 3AM Driver (Scientific Self-Assessment)

## Why Track for 7 Nights?

Seven nights is the perfect window to reveal patterns without creating obsession.

This tracker helps you identify your most likely 3AM trigger so your protocol can be tailored.

Fill this out each MORNING (not at night—nighttime tracking can increase anxiety).

Take 2 minutes maximum per entry.

## Night 1 — Morning Assessment

Assessment Item	Your Response
Date	
Bedtime (approx)	
Wake time (approx)	
3AM wake-up?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time awake at 3AM	<input type="checkbox"/> 0-10 min <input type="checkbox"/> 10-30 min <input type="checkbox"/> 30-60 min <input type="checkbox"/> 60+ min
First thing I noticed	<input type="checkbox"/> Heat <input type="checkbox"/> Heart racing <input type="checkbox"/> Thoughts <input type="checkbox"/> Hunger <input type="checkbox"/> Other
Dominant driver (guess)	<input type="checkbox"/> Heat <input type="checkbox"/> Cortisol/Wired <input type="checkbox"/> Blood Sugar <input type="checkbox"/> Unknown
What I did at 3AM	<input type="checkbox"/> Protocol <input type="checkbox"/> Phone <input type="checkbox"/> Lights <input type="checkbox"/> Snack <input type="checkbox"/> Other
Morning cost (0-10)	0 = wrecked, 10 = surprisingly steady: _____
One-line note	

## Night 2 — Morning Assessment

Assessment Item	Your Response
Date	
Bedtime (approx)	
Wake time (approx)	
3AM wake-up?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time awake at 3AM	<input type="checkbox"/> 0-10 min <input type="checkbox"/> 10-30 min <input type="checkbox"/> 30-60 min <input type="checkbox"/> 60+ min
First thing I noticed	<input type="checkbox"/> Heat <input type="checkbox"/> Heart racing <input type="checkbox"/> Thoughts <input type="checkbox"/> Hunger <input type="checkbox"/> Other
Dominant driver (guess)	<input type="checkbox"/> Heat <input type="checkbox"/> Cortisol/Wired <input type="checkbox"/> Blood Sugar <input type="checkbox"/> Unknown
What I did at 3AM	<input type="checkbox"/> Protocol <input type="checkbox"/> Phone <input type="checkbox"/> Lights <input type="checkbox"/> Snack <input type="checkbox"/> Other
Morning cost (0-10)	0 = wrecked, 10 = surprisingly steady: _____
One-line note	

### Night 3 — Morning Assessment

Assessment Item	Your Response
Date	
Bedtime (approx)	
Wake time (approx)	
3AM wake-up?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time awake at 3AM	<input type="checkbox"/> 0-10 min <input type="checkbox"/> 10-30 min <input type="checkbox"/> 30-60 min <input type="checkbox"/> 60+ min
First thing I noticed	<input type="checkbox"/> Heat <input type="checkbox"/> Heart racing <input type="checkbox"/> Thoughts <input type="checkbox"/> Hunger <input type="checkbox"/> Other
Dominant driver (guess)	<input type="checkbox"/> Heat <input type="checkbox"/> Cortisol/Wired <input type="checkbox"/> Blood Sugar <input type="checkbox"/> Unknown
What I did at 3AM	<input type="checkbox"/> Protocol <input type="checkbox"/> Phone <input type="checkbox"/> Lights <input type="checkbox"/> Snack <input type="checkbox"/> Other
Morning cost (0-10)	0 = wrecked, 10 = surprisingly steady: _____
One-line note	

## Night 4 — Morning Assessment

Assessment Item	Your Response
Date	
Bedtime (approx)	
Wake time (approx)	
3AM wake-up?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time awake at 3AM	<input type="checkbox"/> 0-10 min <input type="checkbox"/> 10-30 min <input type="checkbox"/> 30-60 min <input type="checkbox"/> 60+ min
First thing I noticed	<input type="checkbox"/> Heat <input type="checkbox"/> Heart racing <input type="checkbox"/> Thoughts <input type="checkbox"/> Hunger <input type="checkbox"/> Other
Dominant driver (guess)	<input type="checkbox"/> Heat <input type="checkbox"/> Cortisol/Wired <input type="checkbox"/> Blood Sugar <input type="checkbox"/> Unknown
What I did at 3AM	<input type="checkbox"/> Protocol <input type="checkbox"/> Phone <input type="checkbox"/> Lights <input type="checkbox"/> Snack <input type="checkbox"/> Other
Morning cost (0-10)	0 = wrecked, 10 = surprisingly steady: _____
One-line note	

## Night 5 — Morning Assessment

Assessment Item	Your Response
Date	
Bedtime (approx)	
Wake time (approx)	
3AM wake-up?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time awake at 3AM	<input type="checkbox"/> 0-10 min <input type="checkbox"/> 10-30 min <input type="checkbox"/> 30-60 min <input type="checkbox"/> 60+ min
First thing I noticed	<input type="checkbox"/> Heat <input type="checkbox"/> Heart racing <input type="checkbox"/> Thoughts <input type="checkbox"/> Hunger <input type="checkbox"/> Other
Dominant driver (guess)	<input type="checkbox"/> Heat <input type="checkbox"/> Cortisol/Wired <input type="checkbox"/> Blood Sugar <input type="checkbox"/> Unknown
What I did at 3AM	<input type="checkbox"/> Protocol <input type="checkbox"/> Phone <input type="checkbox"/> Lights <input type="checkbox"/> Snack <input type="checkbox"/> Other
Morning cost (0-10)	0 = wrecked, 10 = surprisingly steady: _____
One-line note	

## Night 6 — Morning Assessment

Assessment Item	Your Response
Date	
Bedtime (approx)	
Wake time (approx)	
3AM wake-up?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time awake at 3AM	<input type="checkbox"/> 0-10 min <input type="checkbox"/> 10-30 min <input type="checkbox"/> 30-60 min <input type="checkbox"/> 60+ min
First thing I noticed	<input type="checkbox"/> Heat <input type="checkbox"/> Heart racing <input type="checkbox"/> Thoughts <input type="checkbox"/> Hunger <input type="checkbox"/> Other
Dominant driver (guess)	<input type="checkbox"/> Heat <input type="checkbox"/> Cortisol/Wired <input type="checkbox"/> Blood Sugar <input type="checkbox"/> Unknown
What I did at 3AM	<input type="checkbox"/> Protocol <input type="checkbox"/> Phone <input type="checkbox"/> Lights <input type="checkbox"/> Snack <input type="checkbox"/> Other
Morning cost (0-10)	0 = wrecked, 10 = surprisingly steady: _____
One-line note	



## Night 7 — Morning Assessment

Assessment Item	Your Response
Date	
Bedtime (approx)	
Wake time (approx)	
3AM wake-up?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time awake at 3AM	<input type="checkbox"/> 0-10 min <input type="checkbox"/> 10-30 min <input type="checkbox"/> 30-60 min <input type="checkbox"/> 60+ min
First thing I noticed	<input type="checkbox"/> Heat <input type="checkbox"/> Heart racing <input type="checkbox"/> Thoughts <input type="checkbox"/> Hunger <input type="checkbox"/> Other
Dominant driver (guess)	<input type="checkbox"/> Heat <input type="checkbox"/> Cortisol/Wired <input type="checkbox"/> Blood Sugar <input type="checkbox"/> Unknown
What I did at 3AM	<input type="checkbox"/> Protocol <input type="checkbox"/> Phone <input type="checkbox"/> Lights <input type="checkbox"/> Snack <input type="checkbox"/> Other
Morning cost (0-10)	0 = wrecked, 10 = surprisingly steady: _____
One-line note	

## Your 7-Night Pattern Summary

### 3AM wake frequency:

☐ 0-1 nights ☐ 2-3 nights ☐ 4-5 nights ☐ 6-7 nights

### Most common first cue:

☐ Heat ☐ Heart pounding ☐ Thoughts ☐ Hunger ☐ Restlessness

### Most likely dominant driver:

☐ Temperature ☐ Cortisol/Activation ☐ Blood Sugar  
☐ Blend

### Average morning cost:

Low (1-3) / Medium (4-6) / High (7-10): \_\_\_\_\_

### Biggest trigger suspect:

☐ Alcohol ☐ Late screen ☐ Stress day ☐ Warm room  
☐ Heavy dinner ☐ Other

### My biggest win this week:

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### One focus for next week:

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