

EVENING WIND-DOWN PROTOCOL

The 3AM Reset for
Perimenopause



YOUR PATHWAY TO RELAXATION



The Evening Wind-Down Protocol

**Your 90-Minute Pre-Sleep Ritual (Prevent 3AM Wake-Ups
Before They Start)**

Why Evening Matters as Much as 3AM

What you do in the 90 minutes before bed directly impacts whether you wake at 3AM.

This protocol creates a predictable "ramp down" that signals your nervous system:
it's time to transition from daytime activation to nighttime rest.

Consistency matters more than perfection.

Your 90-Minute Wind-Down Timeline

TARGET BEDTIME: _____
Wind-Down Start Time: _____ (90 min before bed)

90-60 MINUTES BEFORE BED: Transition Phase
(Close the day, signal shift)

- ☐ Last meal finished (minimum 2-3 hours before bed)
- ☐ Kitchen closed (no late snacking—blood sugar stability)
- ☐ Alcohol limit enforced (if any: 1 drink max, finished by now)
- ☐ High-intensity work stopped (emails, planning, arguments)
- ☐ Exercise finished (if working out, done by now)
- ☐ Caffeine cutoff respected (none after 2pm)

KEY ACTIONS:

- Dim overhead lights → use lamps only
- Change into sleepwear (signals transition)
- Set tomorrow's priorities on paper (brain dump: 5 min max)
- Prepare bedroom: cooling setup, protocol card visible

60-30 MINUTES BEFORE BED: Downshift Phase
(Lower activation, reduce stimulation)

- ☐ Screens off or night mode only (blue light blocks melatonin)
- ☐ No work, planning, problem-solving (cortisol trigger)
- ☐ No news, social media, emotionally charged content
- ☐ No intense conversations (save for daylight)
- ☐ Phone on Do Not Disturb (or in another room)

CALM ACTIVITIES (Pick 1-2):

- Gentle stretching or restorative yoga (5-10 min)
- Warm shower or bath (not hot—lukewarm signals sleep)
- Light reading (fiction, familiar books, not plot-heavy)
- Journaling (gratitude, not problem-solving)
- Calm conversation with partner (connection, not conflict)
- Herbal tea ritual (chamomile, valerian, magnesium drink)

30-0 MINUTES BEFORE BED: Final Prep Phase (Set up sleep conditions)

- ☐ Bedroom cool (65-68°F ideal)
- ☐ Last bathroom trip
- ☐ Water bottle filled (room temp, bedside)
- ☐ 3AM Protocol Card visible (nightstand or pillow)
- ☐ All lights off except dim bedside lamp
- ☐ White noise or fan on (if using)
- ☐ Phone face down or out of room

TRANSITION TO BED RITUAL (Choose Your Version):

- 5 min of long-exhale breathing in bed
- Body scan: soften forehead → jaw → shoulders → hands → belly
- Gratitude practice: 3 things from today
- Sleep cue phrase: "I'm safe. This is night. My body knows rest."

Turn off lamp. Close eyes. Let go.

Customize Your Wind-Down

MY 90-MINUTE WIND-DOWN PLAN

Start Time: _____

90-60 min activities:

1. _____

2. _____

60-30 min activities:

1. _____

2. _____

30-0 min activities:

1. _____

2. _____

My transition-to-bed ritual:

Non-Negotiables (My Personal Rules):

- ☐ _____
- ☐ _____
- ☐ _____

Common Evening Triggers to Avoid:

- ☐ Alcohol after _____ pm
- ☐ Heavy meals after _____ pm
- ☐ Screens after _____ pm
- ☐ Work/planning after _____ pm
- ☐ Intense conversations after _____ pm
- ☐ Hot showers (lukewarm only)

Reminder: Consistency trains your nervous system.
Even 4-5 nights/week of this protocol will create
noticeable improvement.

