

CALM BREATHING TECHNIQUE LIBRARY

THE 3AM RESET FOR
PERIMENOPAUSE



UNLOCK IMMEDIATE CALM



The Calm Breathing Technique Library

7 Proven Breathwork Patterns for 3AM (Choose Your Default)

Why Breath Comes First at 3AM

Your breath is the fastest lever you have to shift your nervous system from "threat mode" to "rest mode."

At 3AM, you don't need elaborate meditation. You need a simple, reliable breathing pattern that tells your body: "You're safe. Stand down."

This library gives you 7 proven techniques. Choose one as your default for 14 nights, then experiment with others if needed.

Technique 1: Long Exhale Downshift (RECOMMENDED DEFAULT)

Best For: Most women | General activation | Racing heart | Dread wake

How It Works:

Longer exhales activate the parasympathetic nervous system (rest/digest mode) and signal safety.

The Pattern:

- Inhale through nose: 4 counts
- Pause: 1 count
- Exhale through mouth: 6-8 counts (slow, controlled)
- Repeat: 8-12 rounds (about 2-3 minutes)

Tips:

- Don't force the breath—keep it gentle
- If 6-8 count exhale feels hard, start with 5-6 and build up
- The exhale should feel like a soft sigh, not a push
- Your belly rises on inhale, falls on exhale

Why It Works:

Long exhales directly stimulate the vagus nerve, which tells your brain to reduce cortisol and adrenaline. Within 90 seconds, most women notice a 10-20% reduction in activation.

Technique 2: Box Breathing (4-4-4-4)

Best For: Structured thinkers | Need rhythm | Anxiety spikes

The Pattern:

- Inhale: 4 counts
- Hold: 4 counts
- Exhale: 4 counts
- Hold: 4 counts
- Repeat: 6-10 rounds

Tips:

- Visualize drawing a box as you breathe (4 sides)
- Keep the rhythm steady—don't rush
- If holding feels uncomfortable, reduce to 3-3-3-3

Why It Works:

Equal timing creates predictability, which calms an anxious mind. The holds give your body time to reset between breaths.

Technique 3: 4-7-8 Breath (Dr. Weil Method)

Best For: Severe anxiety | Panic spikes | Can't find breath rhythm

The Pattern:

- Inhale through nose: 4 counts
- Hold: 7 counts
- Exhale through mouth: 8 counts (with audible whoosh sound)
- Repeat: 4 rounds only (do NOT exceed)

Tips:

- The long hold + long exhale creates a powerful downshift
- Do only 4 rounds—this technique is potent
- Place tongue on roof of mouth behind front teeth (increases vagus nerve activation)

Why It Works:

The extended hold builds slight air hunger, followed by a massive exhale release. This pattern forces the body into parasympathetic mode quickly.

⚠ Caution: If you feel dizzy, reduce hold to 5 counts.

Technique 4: Coherent Breathing (5-5)

Best For: Heart rate variability | Calm without forcing | Gentle rhythm

The Pattern:

- Inhale: 5 counts
- Exhale: 5 counts
- No holds
- Repeat: 10-15 rounds (creates ~5-6 breaths per minute)

Tips:

- This is slower than normal breathing—embrace the slowness
- Equal inhale/exhale creates balance
- Let the breath be smooth and continuous

Why It Works:

Breathing at ~5-6 breaths per minute maximizes heart rate variability (HRV), which is associated with nervous system resilience and stress recovery.

Technique 5: Physiological Sigh (Stanford Method)

Best For: Immediate panic | Crying feeling | Chest tightness |
Need fast relief

The Pattern:

- Inhale through nose: fill lungs 80%
- Inhale again (short sip): top off lungs to 100%
- Exhale fully through mouth: long, slow release
- Repeat: 2-3 times, then return to normal breathing

Tips:

- The double-inhale is key—it re-inflates collapsed alveoli in lungs
- Exhale should be longer than total inhale
- Do NOT do this continuously—use as a rescue only

Why It Works:

This is the body's natural mechanism for rapid stress relief (it's why we sigh after crying).

It offloads CO₂ quickly and resets the nervous system.

Use Case: When you wake in full panic and need to break the spike before starting full protocol.

Technique 6: Humming Breath (Bhramari)

Best For: Racing thoughts | Need vibration/distraction |
Partner-friendly silent option

The Pattern:

- Inhale through nose: 4 counts
- Exhale while humming (mouth closed): 6-8 counts
- The hum should be gentle, low-pitched, continuous
- Repeat: 6-10 rounds

Tips:

- Focus on the vibration in your head/chest
- Keep volume low (gentle hum, not loud)
- Place fingers gently over ears to amplify internal sound (optional)

Why It Works:

Humming creates vibration that stimulates the vagus nerve.
The sound gives your mind something neutral to focus on, breaking thought loops.

Technique 7: Alternate Nostril Breathing (Nadi Shodhana)

Best For: Mental restlessness | Need physical focus | Familiar with breathwork

The Pattern:

- Close right nostril with thumb
- Inhale through left nostril: 4 counts
- Close left nostril with ring finger, release right
- Exhale through right nostril: 6 counts
- Inhale through right nostril: 4 counts
- Close right nostril, release left
- Exhale through left nostril: 6 counts
- That's 1 round—repeat 5-8 rounds

Tips:

- Gentle pressure—don't block nostrils hard
- Keep it slow and steady
- If this feels complicated at 3AM, skip it (simplicity wins)

Why It Works:

Alternating nostrils balances left/right brain hemispheres and requires just enough focus to interrupt rumination without creating more activation.

Choose Your Default Technique

Use this decision tree to find your best match:

START HERE: What's your main 3AM experience?

- General dread/activation/wired → Technique 1 (Long Exhale Downshift)
- Racing heart, full panic → Technique 5 (Physiological Sigh) → then Technique 1
- Busy mind, can't stop thinking → Technique 6 (Humming Breath) or Technique 2 (Box Breathing)
- Need structure/rhythm → Technique 2 (Box Breathing) or Technique 4 (Coherent Breathing)
- Severe anxiety spike → Technique 3 (4-7-8 Breath)
- Experienced with breathwork → Technique 7 (Alternate Nostril)

RECOMMENDATION FOR MOST WOMEN:

Start with Technique 1 (Long Exhale Downshift) for 14 nights. It's simple, effective, and works for 80% of wake-up types.

If after 14 nights you want more options, experiment with Technique 2 or 6.

MY BREATHING TECHNIQUE COMMITMENT:

My default CALM breath for the next 14 nights:

Backup technique (if default isn't working):

Why I chose this technique:

Commitment date: _____

Progress check (after 7 nights):

Is this technique reducing activation? ☐ Yes ☐ No ☐

Somewhat

If "No" or "Somewhat," I will try: _____
next.

