

MORNING RECOVERY ROUTINE

THE 3AM RESET FOR
PERIMENOPAUSE



EASY RECOVERY FROM
DIFFICULT NIGHTS.



The Morning Recovery Routine

Protect Your Day After a Rough Night (The 3AM Aftermath Plan)

Why Morning Recovery Matters

The way you handle the morning after a rough 3AM wake-up determines whether you have a functional day despite less sleep, or spiral into exhaustion. This routine stabilizes your nervous system and prevents the bad night cycle.

The Morning Recovery Protocol

First 60 Minutes:

MINUTE 1-10: Gentle Waking

- Wake naturally if possible
- Gentle stretches in bed 2-3 min
- Say: "I can have a meaningful day even after a rough night"

MINUTE 10-20: Light Exposure

- Get sunlight within 30 min (5-10 min)
- Outside or by window
- Resets circadian rhythm

MINUTE 20-30: Hydration + Movement

- 12-16 oz water
- Gentle movement 5-10 min (walk, stretch, yoga)

MINUTE 30-45: Calm Breakfast

- Protein + healthy fat + fiber
- Greek yogurt + berries, eggs + avocado, protein smoothie
- Avoid sugar-only

MINUTE 45-60: Set Intentions

- Rate energy 0-10
- Adjust expectations
- Plan 15-30 min rest window

Self-Compassion Scripts

Instead of: "I'm so broken. Why can't I sleep normally?"

Say this: "My body is adjusting. This is temporary. I have tools now."

Instead of: "I'll never function today."

Say this: "I can have a meaningful day even at 50% capacity."

Instead of: "I'm going to wake at 3AM again tonight."

Say this: "Tonight is a new night. Each night is independent. I have a protocol."

