

PERIMENOPAUSE  
**NIGHT**  
**FREEDOM**

Escaping the Cycle of Night Chaos  
and Hormonal Stress with the  
Night Anchor™ Protocol



 **WeLUNOVA**  
\_\_\_\_\_.COM\_\_\_\_\_

UNLOCK  
DEEP  
RESTORATION

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If you think you may have a medical emergency, call 911 or your local emergency number immediately.

## When to Get Help Promptly

Please seek medical support right away if you experience: chest pain, severe shortness of breath, new severe anxiety, signs of sleep apnea, persistent insomnia lasting more than 2 to 4 weeks, unexplained weight loss, severe depression or suicidal thoughts.

# Preface

## How This Book Complements The 3AM Reset (Use Both Together)

Think of WeLUNOVA™ as a two-part system:

- The 3AM Reset = what to do when you wake.
- Night Freedom = how to stop the night from setting 3AM up in the first place.

Night Freedom is the pre-3AM system: it stabilizes cravings, calms late-night urgency, reduces stimulation, and seals the night. If you still wake, The 3AM Reset shortens and softens the wake. Used together, you protect both ends of the night.

## The WeLUNOVA™ Night Freedom Promise

No shame. No extremes. No perfection pressure.

You will learn a willpower-free protocol that works on real nights: busy nights, emotional nights, late-dinner nights, travel nights, and stress-heavy weeks. You're not here to become "good." You're here to become steady.

## Quick Glossary

**Night cravings:** urges for food, sugar, salt, alcohol, or stimulation after dinner.

Cortisol: a stress hormone with a daily rhythm; late stimulation can trigger misfires.

**Blood sugar stability:** steadiness that reduces adrenaline 'rescue' signals.

**Thermostat/thermoregulation:** your body's temperature control system; instability can fragment sleep.

**Sleep pressure:** your body's drive to sleep; it's easier to access when activation is low.

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## Chapter 1 — The Night Trap: Why Evenings Feel Harder in Perimenopause



If mornings are your attempt to recover, evenings are where perimenopause often plays its most convincing trick: it makes you feel like you're losing control. Not over your life. Over your night. Over the last few hours of the day when you're tired, overstimulated, under-resourced—and your body is asking for relief.

And here's the part most women don't say out loud: the night doesn't just disrupt sleep. It can quietly hijack your mood, your appetite, your decisions, your confidence,

and your next day. By the time you're lying in bed, your night has already been written.

Night Freedom exists to change that script. Not by adding rules. Not by demanding willpower. But by giving you a repeatable structure that turns your evenings into a safe runway—so your sleep doesn't have to recover from them.

### **1.1 The Perimenopause Night Loop: Binge → Guilt → Wired Sleep → 3AM Wake-Ups**

Most “night problems” don't start at night. They start earlier—often mid-afternoon—when energy dips and stress accumulates. But the loop tends to reveal itself after dinner, when you finally slow down enough to notice how depleted you feel.

For many women, the loop looks like this: you're exhausted and crave comfort, so you snack or pour a drink; the comfort works for a moment; then guilt arrives (or the body feels heavy, puffy, or restless); then your nervous system stays online; then sleep becomes light, fragmented, or delayed; then you wake around 3AM feeling wired, hot, anxious, or hungry—and the next day begins with a quiet sense of defeat.

This is not a willpower problem. It's a predictable sequence where biology, stress chemistry, and decision fatigue collide. When you understand the loop, you stop blaming yourself for being inside it.

Here's the ruthless part: the loop feeds itself. Poor sleep increases cravings. Cravings lead to choices that increase stimulation or blood sugar swings. Stimulation and instability make 3AM more likely. And 3AM wake-ups make the next evening feel harder to manage. That's why you can feel trapped in "bad nights" that seem to replicate themselves.

Night Freedom breaks this loop by intervening before it peaks—before the night becomes a negotiation. The Night Anchor™ Protocol isn't designed to make you perfect. It's designed to make you steady.

### **1.2 Why Nights Trigger “Fake Hunger” (and Why It Feels Urgent)**

If you've ever stood in front of the fridge at 10:30 PM feeling like you suddenly need something—something sweet, salty, crunchy, comforting—you've met what we call fake hunger. It's not imaginary. It's just not always about food.

Fake hunger can be the body's signal for many different needs: nervous system soothing, blood sugar stabilization, sensory relief, emotional decompression, or simply the brain's attempt to shift gears after a day of being 'on.' In perimenopause, those signals can feel louder, more urgent, and harder to ignore.

Why does it feel urgent? Because the body is trying to solve discomfort fast. When stress chemistry is elevated, your brain favors quick rewards. When sleep debt is

present, appetite hormones and reward pathways become more sensitive. When progesterone is lower, the calming ‘brake’ can feel weaker. The result: cravings that don’t feel like a preference—they feel like a demand.

The problem is that most women respond to fake hunger with one of two extremes: white-knuckling (‘I must resist’) or surrendering (‘I’ll just have it’). Both keep the night high-stakes. White-knuckling creates tension and rebound. Surrender can create guilt and stimulation. Either way, sleep often pays the price.

Night Freedom introduces a third option: stabilizing the body early enough that fake hunger doesn’t need to shout. And when it does show up, you’ll have scripts and micro-moves that reduce urgency—without shame and without escalation.

### **1.3 The Hidden Cost of Evening Chaos: Mood, Cravings, Next-Day Burnout**

Evening chaos rarely looks dramatic. It often looks like little moments that pile up: one more scroll, one more snack, one more episode, one more glass, one more ‘I’ll start tomorrow.’

But the cost shows up the next day in ways that matter: cravings are sharper, patience is thinner, motivation is lower, and your system feels more reactive. Then you blame yourself for being tired, irritable, or unfocused—even though your body is doing exactly what bodies do when they’re sleep-deprived and hormonally sensitive.

This matters because perimenopause isn't just about symptoms. It's about bandwidth. And night chaos steals bandwidth twice: first by increasing stimulation and fragmentation; then by increasing the next day's stress load, which returns you to the evening with less resilience.

There's also an emotional cost that doesn't get enough attention: the quiet erosion of trust. When you feel like you can't rely on your nights, you start approaching bedtime with dread. Bedtime becomes a performance. And performance pressure is a sleep killer.

Night Freedom is designed to rebuild trust. Not through promises, but through repeatable actions that create predictable outcomes: fewer 'out of nowhere' cravings, less stimulation, smoother sleep entry, and fewer nights where you feel like you lost the last hours of the day.

### **1.4 Why “Just Stop Snacking” Fails (and Makes the Loop Stronger)**

Most advice aimed at evening cravings is built on the assumption that night eating is a discipline issue. So it prescribes discipline: stop snacking, avoid sugar, drink water, chew gum, distract yourself. The problem is that perimenopause nights are not a normal environment. They're a depleted environment.

At night, your prefrontal cortex—the part of your brain that makes long-term choices—is fatigued. Decision fatigue is real. If your day was demanding, your nervous

system is already loaded. Add hormone variability, heat sensitivity, and sleep debt, and your brain becomes more reward-seeking. That's not moral weakness. That's biology.

So when you try to 'just stop,' one of two things happens: you white-knuckle and feel tense, which keeps your system activated (and often backfires later), or you break the rule and feel guilty, which also keeps your system activated. Either way, your night becomes a fight. And fights are stimulating.

This is why the WeLUNOVA approach does not begin with restriction. It begins with anchoring. We stabilize the body so the craving signal becomes quieter. Then we calm the nervous system so urges feel less urgent. Then we seal the night so stimulation doesn't keep your brain online. When the system is anchored, 'snacking less' becomes a side effect—not a battle.

In other words: you don't remove cravings by arguing with them. You remove cravings by giving your body what it was actually asking for in the first place: stability, soothing, and a clean runway to sleep.

### **1.5 The Night Freedom Shift: Stop Fighting the Night — Anchor It**

Night Freedom is not a personality trait. It's a system. It's the moment you stop approaching evenings as something you must 'survive' and start approaching them as something you can shape.

The shift is simple but powerful: instead of trying to win the night through willpower, you design the night so willpower isn't required. You replace nightly negotiation with a sequence. You replace vague 'I should' energy with a protocol your nervous system can trust.

This is why this book is the perfect companion to The 3AM Reset. The 3AM Reset is what you do when the alarm happens. Night Freedom is how you stop the alarm from being triggered so easily in the first place. Together, they create a complete system: protection before midnight and recovery at 3AM.

In the next chapters, you'll build your Night Anchor™ Baseline, identify your weakest anchor, and install a 90-minute pre-sleep sequence that stabilizes cravings, calms your system, and seals your night. You'll also learn what to do on messy nights—late dinners, travel, stress weeks—without losing momentum.

For now, take this one sentence into your evening: **\*\*My night doesn't need more rules. My night needs an anchor.\*\*** That's where freedom begins.

## Chapter 2 — The Night Biology: Hormones, Cravings, and the 3AM Setup



This chapter is where Night Freedom earns your trust. Because once you understand what the night is doing to your body in perimenopause—why cravings get louder after dark, why your patience gets thinner, why sleep feels fragile—you stop taking it personally. You stop treating yourself like a problem to fix. And you start treating the night like a system you can stabilize.

The goal here isn't to drown you in science. It's to give you a clean map: the few mechanisms that matter most

for evenings—so you know exactly which lever to pull. When you know the lever, you stop negotiating. And when you stop negotiating, you stop losing hours of your life after dinner.

Here's the core concept: perimenopause doesn't just affect sleep. It affects "night regulation." That includes appetite signals, stress chemistry, thermoregulation, and the brain's ability to downshift. When those systems wobble, evenings become a perfect storm: you want comfort, your body asks for quick energy, your nervous system stays online, and your sleep becomes more likely to fragment—especially in the second half of the night.

Night Freedom is the pre-3AM system. So Chapter 2 focuses on what sets 3AM up. The 3AM Reset is your emergency exit. Night Freedom is the door that keeps the fire from starting as often in the first place.

### **2.1 Estrogen Variability + Appetite Signals: Why Cravings Spike After Dark**

In perimenopause, estrogen can fluctuate—sometimes day to day, sometimes week to week. Those swings don't only influence hot flashes and mood. They can also influence appetite, satiety, and reward sensitivity. For many women, that means cravings feel sharper at night:

not because you suddenly “lack discipline,” but because the body’s signals are noisier when you’re tired.

One reason cravings intensify after dinner is simple: your resources are lower. Decision fatigue is real. Stress is cumulative. And the brain is wired to seek quick relief when it senses depletion. When estrogen is variable, your system may also feel less stable—emotionally and physically—which increases the drive for soothing and predictability. Food becomes a fast pathway to both.

If you’ve ever thought, “I’m not even hungry... I just need something,” you’re describing a common night pattern. Your brain is not asking for calories as much as it’s asking for regulation—calm, comfort, and a shift out of high-alert mode.

The Night Anchor™ approach doesn’t argue with these signals. It works with them. It front-loads stability earlier in the evening (Anchor 1), then gives you a rapid nervous-system downshift (Anchor 2), then seals the night with low-stimulation cues that protect sleep entry (Anchor 3).

The biggest mindset shift here is this: cravings are often information, not failure. Your job isn’t to win a moral battle. Your job is to reduce the conditions that make cravings spike—so you don’t have to fight them at their loudest.

## **2.2 Progesterone Drop + Nervous System Sensitivity: Why Willpower Feels Weaker at 10PM**

Progesterone is often described as calming—and for good reason. Many women notice that as progesterone declines during perimenopause, their nervous system feels more reactive. They're more sensitive to stress, more sensitive to stimulation, and more likely to feel "wired" in the evening even when exhausted.

This is the hidden reason traditional advice fails. Most advice assumes you're operating with a fully resourced brain at night. But at 10PM, your system is often running on fumes—especially if your day included work pressure, family needs, screen time, emotional load, or irregular meals. When progesterone is lower, your internal braking system can feel less available, which makes urges feel more urgent and boundaries feel harder.

That's why Night Freedom is willpower-free by design. If the plan depends on you making heroic choices at your most depleted hour, it's not a plan—it's a setup.

Instead, the Night Anchor™ Protocol shifts the decision-making earlier. You decide in daylight what your anchor sequence is. You pre-stage the environment. You build defaults—so your 10PM self doesn't have to negotiate.

When women say, "I just don't have control at night," we hear something different: your nervous system is trying

to self-regulate. The solution is not more self-judgment. It's better regulation tools.

## **2.3 Cortisol Misfires: How Late Stimulation Becomes a 3AM “False Alarm”**

Cortisol is meant to rise toward morning to help you wake. But in perimenopause, the stress system can become more sensitive, and cortisol can spike at the wrong times. Late-night stimulation is one of the most common triggers: intense TV, emotionally charged conversations, work emails, doom scrolling, or even just a day that never truly downshifted.

Here's what many women don't realize: your evening doesn't end when you turn the lights off. Your nervous system carries the day into the night. If you go to bed still “online,” your brain is more likely to keep scanning—and that scanning increases the chance of waking in the second half of the night with a sense of urgency or dread.

This is why Night Freedom treats stimulation like a lever, not a morality issue. We don't say, ‘Never enjoy your life.’ We say: reduce the most activating inputs during your last hour—especially on high-sensitivity weeks—so your stress system isn't forced to process intensity at 3AM.

If your 3AM wake-ups feel like ‘false morning’—wide awake alertness, heart pounding, anxious thoughts that feel urgent—it's often a sign your system needs a cleaner runway, not stronger discipline.

The Night Anchor™ Protocol gives you that runway. It lowers activation earlier so cortisol doesn't need to run rescue operations in the middle of the night.

## **2.4 Blood Sugar Rollercoaster: The Adrenaline Rescue That Wakes You Up**

For many women, 3AM wake-ups aren't only about stress or heat. They're about stability. If blood sugar drops too low overnight, the body may release adrenaline and cortisol to bring it back up. That rescue chemistry can wake you with a wired feeling, jittery restlessness, or a sudden urge to eat or 'do something.'

This is why some nights feel like a pattern: dessert or alcohol late → lighter sleep → 3AM wake-up. It's not that dessert is 'bad.' It's that certain timing and combinations can increase volatility in a system that's already sensitive.

Night Freedom doesn't require dieting. It requires stability. Anchor 1 (Metabolic Anchor) is about building a dinner and evening structure that reduces swings—so your body doesn't need adrenaline to rescue you at 3AM.

If you wake hungry, shaky, or chemically wired, the goal is not to shame yourself or to 'power through.' The goal is to adjust the earlier inputs—meal composition, timing, and stimulation—so the night becomes steadier.

One of the biggest relief moments for many women is realizing: 'That wired wake-up wasn't me being anxious. It was my body trying to stabilize.' When you view it that

way, you stop fearing it—and fear is one of the biggest accelerators of insomnia.

## **2.5 Sleep Debt Amplifies Cravings: The Cruel Feedback Loop No One Explains**

Here's the cruelest part of perimenopause sleep disruption: poor sleep makes the next night harder. Not because you're doomed—because your body is more sensitive when tired. Sleep debt increases reward sensitivity and lowers frustration tolerance. It can make cravings feel louder and stress feel heavier.

So you enter the evening already depleted. You seek comfort faster. You have less bandwidth for boundaries. Then the night becomes more stimulating, which makes sleep more fragile, which deepens sleep debt. That's the loop.

This is why the Night Anchor™ Protocol is designed to create wins early. Even a small reduction in stimulation, a small increase in metabolic stability, and a two-minute neurocalm routine can change your night trajectory. When nights stabilize, cravings often soften without a fight.

And this is also why Night Freedom pairs so well with The 3AM Reset. Night Freedom reduces the number and intensity of wake-ups by cleaning the runway. The 3AM Reset shortens and softens the wake-ups that still happen. Together, they break the feedback loop from both ends.

If you take one sentence from this chapter, take this: your night is not a character test. It's a system under load. And systems can be stabilized.

## Chapter 2 Quick Recap (Keep It Simple)

- Estrogen variability can make cravings louder and emotions more reactive at night.
- Lower progesterone can reduce your ‘brake,’ making stimulation hit harder after dark.
- Late stimulation can trigger cortisol misfires and create 3AM ‘false alarm’ wake-ups.
- Blood sugar volatility can cause adrenaline rescue chemistry that wakes you wired.
- Sleep debt amplifies all of it—so you need a system, not willpower.

Next, in Chapter 3, you’ll map your personal night pattern in seven days—so you know exactly which anchor is your weak link and where your fastest wins live.

## Chapter 3 — Your Night Anchor™ Baseline: Know Your Pattern in 7 Days



If Chapter 2 gave you the map, Chapter 3 gives you the mirror. This is where you stop guessing and start knowing. Not knowing in a clinical way—knowing in a practical, usable way: what’s most likely driving your evenings, what reliably triggers your cravings, and which anchor is currently your weakest link.

WeLUNOVA tracking is different from traditional tracking. We don’t track to create pressure. We track to create relief. Your baseline is not a judgment. It’s a

starting line. It's the 'before photo' that will make your progress undeniable.

The Night Anchor™ Baseline takes seven days because that's long enough to reveal your pattern without turning this into a new obsession. And it's designed for real life: kids, work, travel, late dinners, mood swings, stress days. We want your baseline to reflect reality—because your solution has to survive reality.

Here's the promise: once you see your pattern clearly, your night becomes less mysterious. And when your night becomes less mysterious, your nervous system stops treating it like a threat.

### **3.1 The WeLUNOVA™ Night Symptoms Snapshot (Fast Self-Assessment)**

Before you track anything, take 60 seconds to name your most common night experience. Most women try to solve the night with one tool. But perimenopause nights are layered. This snapshot helps you identify which layer is loudest for you right now.

Circle what fits most nights. Don't overthink. If it's a tie, choose the one that feels most disruptive:

- I crave something after dinner even when I'm not hungry.
- I snack late, then feel guilty or physically uncomfortable.
- I feel wired at night even when I'm exhausted.
- I have hot flashes or temperature swings that disrupt

me.

- My mind stays online and I can't 'switch off.'
- I fall asleep fine, then wake at 3AM with dread, heat, or hunger.
- My nights vary wildly and I can't predict anything.

This snapshot doesn't label you—it points you to the most likely starting anchor. If cravings are loudest, your Metabolic Anchor may be your weakest link. If urges feel urgent and emotional, NeuroCalm may be the missing piece. If your brain stays online, your Deep Sleep Anchor (stimulation + wind-down) may need reinforcement.

### **3.2 Your Last 3 Nights Map: Food + Mood + Stimulation + Wake-Ups**

Now we zoom in on the simplest data set that reveals patterns fast: your last three nights. Three nights are enough to show you whether your night loop is driven more by food timing, emotional stimulation, temperature, or stress load.

For each night, record four things:

- 1) What and when you ate (especially dinner + after-dinner)
- 2) Your stimulation level after 8PM (screens, work, conflict, intense shows)
- 3) Your mood/energy after dinner (tired, anxious, flat, restless)
- 4) What happened with sleep (sleep entry, wake-ups, 3AM pattern)

Why this works: the night is rarely random. It's often a chain reaction. Late dessert plus a stress scroll plus a warm bedroom can be enough to trigger a 3AM wake-up. You don't need to remove all triggers. You need to identify your most consistent ones so you can reduce them strategically.

Don't aim for perfect accuracy. Approximate timing is fine. The goal is pattern recognition—not perfection. When you try to be perfect, tracking becomes stressful. When you keep it simple, tracking becomes freeing.

### **3.3 Find Your Weakest Anchor: Metabolic / NeuroCalm / Deep Sleep**

Night Freedom is built on three anchors. Most women don't need to 'fix everything.' They need to strengthen the weakest anchor first—because the weakest anchor is where the night collapses.

#### **Here's how to spot each weak anchor quickly:**

- Weak Metabolic Anchor signs:
  - cravings spike after dinner
  - late snacking feels urgent
  - wake-ups feel jittery/hungry
  - you feel better when you eat 'more steadily'
  - dessert/alcohol nights reliably worsen sleep
- Weak NeuroCalm Anchor signs:
  - urges feel emotional and hard to resist
  - you snack to soothe stress, not hunger
  - your mind feels 'tight' at night

- you feel guilty or self-critical after evening choices
- you can't downshift even when you want to
- Weak Deep Sleep Anchor signs:
  - screen time runs late even when you're tired
  - you go to bed 'wired and scrolling'
  - your bedroom setup keeps you too hot/cold
  - you fall asleep but sleep is light and fragmented
  - your last hour has too much stimulation to process

It's common to have two weak anchors. But choose one to lead. Your lead anchor is the one that, if improved, would create the biggest domino effect.

### **3.4 Your Night Chaos Score (0–100): Measurable Progress Without Obsession**

We need a metric that feels motivating, not punishing. So WeLUNOVA uses a simple score that measures what actually matters: how stable your night is—not how perfect you are.

Score your night from 0 to 100 using these five categories (0–20 each). You don't need precision; you need consistency.

- 1) Metabolic Stability (0–20): Did hunger/cravings feel steady or chaotic?
- 2) Urge Intensity (0–20): Did urges feel manageable or urgent?
- 3) Stimulation Load (0–20): Was your last hour calm or activating?

4) Sleep Entry (0–20): Did you fall asleep smoothly or struggle?

5) Night Continuity (0–20): Were wake-ups minimal or disruptive?

Add them up. That's your Night Chaos Score. Lower is better—not because 'low' means you're good, but because it means your night was less volatile.

The magic of this score is that you can improve it quickly even before sleep becomes perfect. You can reduce stimulation. You can stabilize dinner. You can add a two-minute neurocalm routine. Those changes often show up as a lower score within a week—and that progress builds trust.

### **3.5 Set Your 30-Day Night Freedom Target: The One Goal That Matters Most**

Now you choose a target that's realistic and meaningful. Not 'I will never crave sugar again.' Not 'I will sleep eight hours every night.' Those goals create pressure—and pressure backfires.

Instead, choose one of these targets for the next 30 days:

- Reduce after-dinner snacking to 0–2 nights per week.
- Reduce the urgency of cravings (so they feel like a suggestion, not a command).
- Protect the last 60 minutes from high stimulation on 5 nights per week.
- Reduce 3AM wake-ups by 30–50%.

## Perimenopause Night Freedom

- Reduce 'two-hour awake nights' to near zero.
- Improve my Night Chaos Score by 20 points.

Pick the one that would change your life the most. Then write it as a statement:

'For the next 30 days, I'm building Night Freedom by \_\_\_\_\_. My measure of success is \_\_\_\_\_.'

This matters because your brain needs a win condition. When you have a clear win condition, you stop treating every imperfect night as failure. You start treating it as data—and that's the mindset that creates change.

## Chapter 3 Workbook Pages

### Worksheet 3A — Night Symptoms Snapshot (60 seconds)

Circle what fits most nights:

- Cravings after dinner
- Emotional snacking / stress eating
- Wired-but-tired evenings
- Hot flashes / temperature swings
- Late screen/stimulation
- 3AM wake-ups (dread/heat/hunger)
- Unpredictable nights

My loudest pattern right now is: \_\_\_\_\_

## Worksheet 3B — Last 3 Nights Map

Night 1:

Dinner time + notes: \_\_\_\_\_

After-dinner food/drink: \_\_\_\_\_

Stimulation after 8PM (0-10): \_\_\_\_

Mood/energy after dinner: \_\_\_\_\_

Sleep: \_\_\_\_\_

Night 2:

Dinner time + notes: \_\_\_\_\_

After-dinner food/drink: \_\_\_\_\_

Stimulation after 8PM (0-10): \_\_\_\_

Mood/energy after dinner: \_\_\_\_\_

Sleep: \_\_\_\_\_

Night 3:

Dinner time + notes: \_\_\_\_\_

After-dinner food/drink: \_\_\_\_\_

Stimulation after 8PM (0-10): \_\_\_\_

Mood/energy after dinner: \_\_\_\_\_

Sleep: \_\_\_\_\_

### **Worksheet 3C — Find Your Weakest Anchor**

My weakest anchor right now is:

- Metabolic Anchor
- NeuroCalm Anchor
- Deep Sleep Anchor

Why I chose it (one sentence): \_\_\_\_\_

### **Worksheet 3D — Night Chaos Score (0–100)**

Metabolic Stability (0–20): \_\_\_\_

Urge Intensity (0–20): \_\_\_\_

Stimulation Load (0–20): \_\_\_\_

Sleep Entry (0–20): \_\_\_\_

Night Continuity (0–20): \_\_\_\_

Total (0–100): \_\_\_\_

### **Worksheet 3E — My 30-Day Target**

For the next 30 days, I'm building Night Freedom by:

\_\_\_\_\_

My measure of success is: \_\_\_\_\_

My first small move tonight is: \_\_\_\_\_

Next, in Chapter 4, you'll learn the full WeLUNOVA™ Night Anchor™ Protocol — the three anchors, the exact sequence, and the 90-minute sweet spot that makes this system feel effortless once installed.

## Chapter 4 — The WeLUNOVA™ Night Anchor™ Protocol: The 3 Anchors That Change Everything



This is the chapter where Night Freedom becomes a system. Up to now, you've seen the loop and the biology and mapped your baseline. Now you get the thing that breaks the night open: a repeatable sequence that replaces nightly negotiation with a plan your nervous system can trust.

The Night Anchor™ Protocol is not a long routine. It's not a perfect lifestyle. It's not an identity makeover. It's a

simple structure that stabilizes the three systems most likely to hijack your evenings in perimenopause: metabolic stability (cravings), nervous system regulation (urges and emotion), and sleep entry protection (stimulation and thermoregulation).

If you remember one thing about this protocol, remember this: **\*\*you don't win the night by trying harder. You win the night by anchoring earlier.\*\*** The protocol moves key decisions upstream—before you're depleted—so your late-night self doesn't have to fight.

And here's why this pairs perfectly with The 3AM Reset: Night Freedom reduces the chance that 3AM becomes a full wake-up. But if you do wake, you already have the recovery protocol. That's the complete WeLUNOVA system: prevention before midnight, recovery at 3AM.

Let's build your Night Anchor™ Protocol in a way that is realistic, flexible, and repeatable—so it works on normal nights and on messy nights.

### **4.1 Why a Protocol Beats “Good Intentions” at Night**

Good intentions are fragile at 10PM. Not because you're weak—because your brain is tired. Decision fatigue is highest at the end of the day. Your nervous system has absorbed hours of input. And in perimenopause, that input can feel heavier: more reactivity, more heat sensitivity, more emotional intensity.

When a plan relies on willpower, your night becomes a negotiation: ‘Should I snack?’ ‘Should I scroll?’ ‘Should I pour another glass?’ ‘Should I start tomorrow?’ Negotiation creates stimulation. Stimulation creates wakefulness. Wakefulness creates cravings. Cravings create more negotiation.

A protocol ends negotiation by giving you defaults. Defaults are powerful because they remove choice when choice is expensive. At night, choice is expensive.

Protocols also create predictability. Predictability creates safety. Safety creates downshift. And downshift is what your body needs to enter deep sleep—especially in perimenopause.

So the Night Anchor™ Protocol is built around one idea: if you do three things in the right order, you dramatically change your night trajectory.

### **4.2 Anchor 1 — Metabolic Anchor: Stabilize the Night (So Your Body Stops “Rescuing” You)**

Your Metabolic Anchor is your anti-chaos foundation. It reduces the chance that your body will need to ‘rescue’ you at 3AM with adrenaline. It also reduces the intensity of late-night cravings by keeping your system steady.

This anchor is not dieting. It’s not restriction. It’s stability. In practice, it means you set your evening up so your blood sugar and hunger cues don’t swing wildly.

The Metabolic Anchor has three parts:

- 1) Dinner composition (steady plate)
- 2) Dinner timing (a window that works for your life)
- 3) A planned 'stability buffer' if you know your nights dip

Why it works: when your body feels stable, your brain stops sending urgent 'eat now' signals for regulation. You might still want something sweet. But it feels like a preference, not a command.

In Chapter 5, we'll build the Metabolic Anchor in detail—including meal templates, late dinner protocols, and snack strategies that protect sleep.

### **4.3 Anchor 2 — NeuroCalm Anchor: Shut Down Urges Without Force**

If the Metabolic Anchor is stability, the NeuroCalm Anchor is relief. This is the part most plans miss: cravings and urges are not only metabolic. They're emotional and nervous-system driven.

In perimenopause, nervous system sensitivity can rise. That means stress, stimulation, and emotional load are felt more strongly. By evening, your system may be searching for a fast way to downshift. Food, alcohol, and scrolling are common 'downshift substitutes'—they work quickly, but they often backfire by increasing stimulation and fragmenting sleep.

NeuroCalm is a fast, repeatable way to get relief without paying for it at 3AM. It's not therapy. It's not deep

processing. It's two minutes of physiology-first downshift—so urges lose urgency.

The NeuroCalm Anchor has three parts:

- 1) A 90-second breath cascade
- 2) A short urge label (so the brain stops arguing)
- 3) A replacement cue (so your hands and attention have a calm track)

In Chapter 6, you'll learn the exact scripts and micro-routines that make this anchor automatic.

## **4.4 Anchor 3 — Deep Sleep Anchor: Seal the Night and Protect Sleep Entry**

This anchor protects the moment most women unintentionally sabotage: the last 60–90 minutes before bed. Even if you eat perfectly and breathe perfectly, deep sleep is fragile when your brain is still processing stimulation.

Deep Sleep Anchor is about creating a low-stimulation runway. It includes:

- light control
- screen boundaries (not perfection—smart limits)
- temperature setup
- a short somatic wind-down that tells your nervous system: 'We're landing.'

This anchor is not about a 'perfect bedtime routine.' It's about removing the strongest triggers that keep your

brain online. In perimenopause, the brain often needs a cleaner runway than it used to.

This is also where Night Freedom becomes synergy with The 3AM Reset. When Deep Sleep Anchor is strong, your sleep is less fragmented—meaning fewer opportunities for 3AM wake-ups to gain traction.

In Chapter 7, you'll build your Deep Sleep Anchor with bedroom blueprint variants, screen/lights strategy, and a 10-minute somatic wind-down.

### **4.5 The 90-Minute Sweet Spot: Why This Timing Works Better Than Vague Routines**

Many night routines fail because they're vague: 'wind down,' 'relax,' 'avoid screens,' 'stop snacking.' Vague routines create decision fatigue: you keep asking, 'Am I doing it right?'

WeLUNOVA uses a more practical idea: the 90-minute sweet spot. For many women, the last 90 minutes before bed are the leverage window where small actions create big night outcomes.

Why 90 minutes? It's long enough to stabilize your system, but short enough to be realistic. It allows you to:

- complete your metabolic stability moves
- run a neurocalm downshift
- reduce stimulation and set temperature
- enter bed with your nervous system already lowering

If 90 minutes feels impossible some nights, you will use the 'compressed' version (30 minutes) without guilt. Night Freedom is designed to survive real life, not punish you for having it.

The point is not to create a long ritual. The point is to create a consistent sequence. Sequence trains predictability. Predictability trains safety. Safety trains sleep.

Next, you'll install the protocol by building each anchor. Start with the weakest anchor first, but learn all three—because the long-term magic comes from the full system.

## Chapter 4 Tools & Worksheets

### Worksheet 4A — My Three Anchors Snapshot

Rate each anchor from 0–10 (0 = weak, 10 = strong):

Metabolic Anchor: \_\_\_\_

NeuroCalm Anchor: \_\_\_\_

Deep Sleep Anchor: \_\_\_\_

My weakest anchor is: \_\_\_\_\_

My lead focus for the next 7 days is: \_\_\_\_\_

### Worksheet 4B — My Night Anchor™ Timeline (90-Minute Sweet Spot)

90 minutes before bed:

• Metabolic Anchor move: \_\_\_\_\_

60 minutes before bed:

• Stimulation downshift (lights/screens): \_\_\_\_\_

30 minutes before bed:

• NeuroCalm breath cascade + cue: \_\_\_\_\_

10 minutes before bed:

• Somatic wind-down + bedroom seal: \_\_\_\_\_

If I only have 30 minutes:

• 2-minute NeuroCalm + 10-minute wind-down +  
bedroom seal

### Worksheet 4C — My Night Rules (Keep Them Few)

Pick 2–3 rules you can actually keep:

No phone in bed

Screens off 30–60 minutes before sleep (most nights)

- Dessert/alcohol 'risk-managed' (planned nights only)
- Bedroom cooling set before bed
- Two-minute brain unload (paper)

My 3 rules are: \_\_\_\_\_

### **Worksheet 4D — The 'Messy Night' Plan**

When life happens (late dinner, travel, stress), I will:

- 1) Run the compressed anchor sequence (30 minutes)
- 2) Keep lights low and stimulation minimal
- 3) Use The 3AM Reset if I wake

My reminder sentence: 'Progress is consistency, not perfection.'

Next, in Chapter 5, you'll build Anchor 1 (Metabolic Anchor) in full: the steady plate template, the 6PM micro-nutrition formula, and the late-dinner safety plan—so cravings and 3AM rescue chemistry start losing power fast.

## Chapter 5 — Anchor 1: Metabolic Anchor (Stabilize Night Hunger and Cravings)



If there's one truth about perimenopause nights that changes everything, it's this: many late-night cravings are not a character flaw. They're a stability signal. Your body is not trying to sabotage you—it's trying to regulate you.

The Metabolic Anchor is WeLUNOVA's answer to the 'night rescue' pattern: the body dipping into volatility—blood sugar swings, hunger spikes, adrenaline pulses—and then demanding comfort fast. When you stabilize

the metabolic layer, cravings often soften without a fight, and 3AM wake-ups lose one of their biggest drivers.

This chapter is not about dieting. It's not about tracking macros. It's about building a simple, repeatable evening structure that keeps your system steady—especially on the nights when you're tired, stressed, or emotionally depleted.

You will build this anchor using three tools:

- The Stable Plate Template
- The 6PM Micro-Nutrition Formula
- The Night Stability Buffer (only if your nights need it)

Your goal is not 'perfect food.' Your goal is predictable stability—so cravings feel smaller and sleep feels less fragile.

### **5.1 The Real Reason Night Hunger Feels Like an Emergency**

Night hunger often feels urgent because it's not always hunger. It's a composite signal: fatigue + stress chemistry + reward sensitivity + sometimes a real blood sugar dip. In perimenopause, those signals can get louder because your system is more reactive and your buffer is thinner.

This is why 'just drink water' rarely works. If your body is asking for stability, water doesn't provide stability. And if your nervous system is asking for soothing, water doesn't provide soothing. So the urge persists—and then you feel like you're failing because the urge didn't disappear.

A key WeLUNOVA distinction: there's a difference between **true hunger** and **regulation hunger**.

- True hunger builds gradually and feels physical.
- Regulation hunger appears suddenly and feels urgent, often paired with restlessness or irritability.

Both are valid signals. The problem isn't the signal—it's the timing. At night, urgent signals are more likely to derail sleep and trigger guilt. So we reduce urgency by stabilizing earlier, and we replace 'rules' with a planned structure.

When women stabilize this layer, they often report the same surprising change: 'The cravings didn't vanish, but they stopped yelling.' That's what we're building.

### **5.2 The 6PM Micro-Nutrition Formula: Simple Stability Without Dieting**

The 6PM Micro-Nutrition Formula is one of the fastest ways to reduce evening volatility. It's not a diet. It's a small, strategic move that protects your night—especially if you tend to crash after dinner or crave sugar later.

Here's the core idea: many women enter the evening with depleted resources. If dinner is too light, too carb-heavy without balance, or too late, your system may oscillate. A micro-nutrition move around early evening can reduce the swing that creates late-night urgency.

The formula is simple: \*\*protein + fiber + optional calm carb\*\*, in a small portion. This is not a second dinner. It's a stabilizer.

Examples (choose what fits your preferences and culture):

- Greek yogurt + berries
- Cottage cheese + cucumber or cherry tomatoes
- A small handful of nuts + a piece of fruit
- Hummus + veggie sticks
- A boiled egg + a few crackers
- A small protein shake (if it agrees with you)
- Edamame or tofu snack

Keep it simple. The goal is steadiness, not perfection.

If you don't need this, don't add it. Some women do better without any evening buffer. But if your pattern includes late-night urgency or 3AM hungry wakes, this is a powerful experiment.

### **5.3 Dinner Timing That Works in Real Life: Early vs Late Schedules (No Perfection)**

Dinner timing is not one-size-fits-all. Some women sleep best with an earlier dinner. Others have family schedules, work, or cultural patterns that make earlier dinner unrealistic. WeLUNOVA doesn't ask you to fight your life. It gives you strategies that work inside it.

Start with these simple guidelines:

- If you wake hungry at 3AM, dinner may be too early, too

light, or too unbalanced.

- If you wake hot or restless, dinner may be too heavy, too late, or too spicy.
- If you wake wired, dinner may be paired with stimulation (screens, stress, alcohol) that keeps the system online.

A practical starting window for many women is finishing dinner roughly 2–4 hours before bed. But don't treat this as a rule. Treat it as a lever. If you experiment, experiment for 7 days—then decide based on your pattern, not on ideology.

If you have late dinners, use the Late Dinner Protocol (Chapter 9 expands it, but here's the core):

- Keep dinner simpler and more balanced
- Reduce dessert/alcohol on late dinner nights
- Keep stimulation low after dinner
- Use a short somatic wind-down before bed

Dinner timing is not about being 'good.' It's about matching your physiology. When you match your physiology, cravings and 3AM wake-ups often soften as a side effect.

### **5.4 The Stable Plate Template: Protein + Fiber + Calm Carbs (Easy)**

The Stable Plate is the simplest meal framework in this book—and one of the most powerful. It's designed to reduce volatility without requiring you to count anything.

Build your dinner using three anchors:

- 1) Protein (your stability base)
- 2) Fiber-rich plants (your slow-release support)
- 3) Calm carbs (optional, depending on your body and preferences)

Add healthy fats as needed for satisfaction.

Examples (mix-and-match):

- Salmon or chicken + roasted vegetables + quinoa
- Lentils or beans + greens + olive oil + a small portion of rice
- Eggs or tofu + sautéed vegetables + sweet potato
- Turkey or tempeh + salad + whole-grain bread
- Greek-style bowl: protein + cucumber/tomato + olive oil + small carb side

‘Calm carbs’ are carbs that tend to feel steady rather than spiky for many people: sweet potato, oats, quinoa, brown rice, legumes, fruit paired with protein. You will learn what your body prefers by tracking your Night Chaos Score.

The Stable Plate works because it reduces spikes and crashes. When spikes and crashes decrease, the body has less reason to send urgent late-night hunger signals.

You’re not trying to create a perfect diet. You’re creating a stable night foundation.

## 5.5 Metabolic Anchor Checklist + Score: Measure Stability in 60 Seconds

We measure this anchor for one reason: progress becomes motivating when it's visible. This is not food policing. This is pattern clarity.

Each night, give yourself a simple 0–2 score for each item:

- Dinner stability (balanced plate?)
- Dessert/alcohol risk-managed?
- Evening buffer used only if needed?
- Late-night urgency reduced?
- 3AM hungry wake avoided?

Total: 0–10

Your goal is not a perfect 10. Your goal is improvement over time. If you move from a 3 to a 6, you will often feel it—not just in your cravings, but in your sleep continuity.

If your score drops on a stressful day, that's not failure. That's data. Stress changes appetite signals and reward sensitivity. Your job is to respond with structure, not shame.

In the next chapter, we add Anchor 2: NeuroCalm. This is where you learn how to shut down urges in under two minutes—so even on imperfect metabolic nights, you can protect your sleep runway.

## **Metabolic Anchor Practical Module: The 'Choose-One' Dinner Menu (7 Options)**

To reduce decision fatigue, here are seven simple Stable Plate dinner templates. Pick one and repeat it. Repetition is a feature, not a failure.

- 1) Protein + veggies + calm carb (small)
- 2) Bean/lentil bowl + greens + olive oil
- 3) Eggs/tofu scramble + vegetables + toast
- 4) Soup/stew with protein + side salad
- 5) Greek-style bowl (protein + veg + olive oil + small carb)
- 6) Stir-fry (protein + veg) + small rice portion
- 7) Sheet-pan meal (protein + veg) + optional sweet potato

## Chapter 5 Workbook Pages

### Worksheet 5A — True Hunger vs Regulation Hunger

When cravings hit, I usually feel:

- Gradual physical hunger (true hunger)
- Sudden urgent need for comfort (regulation hunger)
- A blend

My most common pattern is: \_\_\_\_\_

### Worksheet 5B — My 6PM Micro-Nutrition Plan (If Needed)

I will test the 6PM stabilizer for 7 days:

My chosen option: \_\_\_\_\_

My time window: \_\_\_\_\_

My goal: reduce late-night urgency / reduce 3AM hunger wakes

### Worksheet 5C — Stable Plate Builder

Protein: \_\_\_\_\_

Fiber plants: \_\_\_\_\_

Calm carb (optional): \_\_\_\_\_

Healthy fat: \_\_\_\_\_

Note: \_\_\_\_\_

## Worksheet 5D — Metabolic Anchor Score (0–10)

Dinner stability (0–2): \_\_\_\_

Dessert/alcohol risk-managed (0–2): \_\_\_\_

Evening buffer used strategically (0–2): \_\_\_\_

Urgency reduced (0–2): \_\_\_\_

No hungry 3AM wake (0–2): \_\_\_\_

Total (0–10): \_\_\_\_

Next, in Chapter 6, you'll build Anchor 2 (NeuroCalm): the Urge Surfing Breath Cascade™, the craving scripts, and the two-minute downshift that makes late-night urges feel manageable—even when life is messy.

## Chapter 6 — Anchor 2: NeuroCalm Anchor (Release Urges in Under 2 Minutes)



If Anchor 1 stabilizes your body, Anchor 2 stabilizes your brain. This is the missing piece for so many women: the ability to downshift in the moment—without using food, alcohol, or scrolling as a substitute nervous system.

NeuroCalm is not mindset work. It's not therapy. It's not asking you to 'be positive' at night. It's physiology-first regulation: a fast sequence that lowers urgency, softens craving intensity, and stops the night negotiation before it escalates.

In perimenopause, nervous system sensitivity can rise. That means your stress signals feel louder, your emotional load feels heavier, and your capacity to resist urges late at night can feel thinner. This is not weakness. It's depletion.

So Night Freedom doesn't demand more discipline. It gives you a better tool. This chapter teaches you the exact two-minute moves that create relief without paying for it at 3AM.

You'll learn:

- why willpower collapses at night
- the Urge Surfing Breath Cascade™ (90 seconds)
- the Craving Script (what to say to your brain)
- the 'label then shift' method (stop negotiation)
- a simple practice tracker that makes calm automatic

### **6.1 Why Willpower Collapses at Night: Nervous System Fatigue, Not Weakness**

By night, your system has been processing input for hours: decisions, conversations, screens, stress, responsibilities, emotions. Even on a 'good day,' your brain has used up regulation resources. This is why you can be disciplined all day and then feel like a different person after 9PM.

Willpower is not a personality trait. It's a resource. And resources drop when:

- you're sleep deprived
- you're stressed

- you're hormonally sensitive
- you're hungry or metabolically unstable
- you've been overstimulated

Perimenopause can amplify all of these.

So if you've been telling yourself 'I should be stronger,' rewrite that sentence: **\*\*'My system is tired. I need a downshift tool.'\*\***

The purpose of NeuroCalm is not to make you perfect. It's to lower urgency enough that you can choose—not react.

And the most important thing to understand is this: urges don't always mean you need food. They often mean you need regulation.

### **6.2 The Urge Surfing Breath Cascade™: Step-by-Step (90 Seconds)**

This is the core NeuroCalm tool. It works because it targets the body first. When the body downshifts, the mind stops demanding immediate relief.

Do this the moment you feel the urge spike—before you negotiate, before you open the pantry, before you grab your phone.

**\*\*Urge Surfing Breath Cascade™ (90 seconds)\*\***

- 1) Exhale long (6–8 seconds). Keep it soft.
- 2) Inhale light (3–4 seconds). No big breaths.
- 3) Exhale long again (6–8 seconds).

Repeat 6 rounds.

Add one cue: soften your jaw and drop your shoulders.

If counting feels irritating, keep it simple: inhale gently, exhale longer. Your only job is: **\*\*make the exhale longer than the inhale.\*\***

Why this works: longer exhales signal safety and reduce sympathetic activation. The urge doesn't vanish instantly, but it often loses its 'emergency' edge.

We call it 'urge surfing' because urges rise like waves. If you don't feed them with action, they crest and fall. Most people don't learn this because they respond before the wave has a chance to fall.

### **6.3 The Craving Script: What to Say to Your Brain When It Demands Sugar**

At night, the brain becomes a persuasive salesperson. It offers you certainty: 'This will make you feel better.' It offers you relief: 'You deserve it.' And when you're tired, those offers feel true.

We don't fight the brain with logic. We redirect it with a script. A script works because it removes decision-making and stops negotiation.

**\*\*The WeLUNOVA Craving Script (use it exactly):\*\***

'I hear you. You want relief.'

'We're choosing calm first.'

'If I still want it in 10 minutes, I can decide then.'

This script does three things:

- It validates (so your brain stops escalating)
- It redirects to calm (so physiology shifts)
- It delays the decision (so urgency has time to fall)

The 10-minute delay is powerful because most urges change shape within minutes when you downshift. You're not banning anything. You're making the decision from a calmer state.

If you still choose to eat, you'll choose from a calmer place with less guilt and less escalation—which protects sleep more than a shame-driven 'surrender.'

## **6.4 Emotional Labeling That Actually Works: Stop the “Night Negotiation”**

Most night negotiations are emotional negotiations in disguise. You think you're debating food, but you're really debating relief. So we label the emotion, not the food.

Use this simple 'label then shift' pattern:

- 1) Label: 'This is stress.' / 'This is loneliness.' / 'This is depletion.' / 'This is overwhelm.'
- 2) Shift: run the Breath Cascade for 90 seconds.
- 3) Replace: choose a neutral cue (tea, shower, reading, sensory scan).

Labeling works because it reduces threat amplification. When you name what's happening, your brain stops searching for a story. When the brain stops searching for a story, the urge loses fuel.

This is also where self-talk matters. The most damaging night sentence is: ‘What’s wrong with me?’ Replace it with: **‘My system is asking for regulation. I know what to do.’**

The goal is not to suppress emotion. It’s to regulate enough that emotion doesn’t hijack your night.

If you feel intense emotion at night, you are not broken. You are in a sensitive window. Regulation first. Processing in daylight.

### **6.5 NeuroCalm Practice Tracker: Build Automatic Calm, Night After Night**

NeuroCalm becomes powerful when it becomes automatic. The nervous system learns through repetition. The more you use the same downshift cue at the same time window, the more your body begins to predict calm—before the urge even peaks.

That’s why we practice NeuroCalm in two ways:

- ‘In the moment’ practice (when urges hit)
- ‘Daily reps’ practice (when you’re not in crisis)

Daily reps take 60 seconds. Pick a time—after dinner, brushing teeth, getting into bed—and run 6 long exhales. This trains your system to associate that time with downshift.

Then, when urges hit, your body already knows the pathway. You’re not trying something new at 10PM. You’re repeating a trained signal.

Track your reps for 7 days. This isn't about perfection. It's about installing a reflex.

## **NeuroCalm Practical Module: The 3-Minute Urge Decision Tree**

When the urge hits, do this:

- 1) Breath Cascade (90 seconds)
- 2) Ask: 'Is this true hunger?' (yes/no/maybe)
- 3) If yes: choose a planned, sleep-friendly option (small, steady)
- 4) If no/maybe: choose a replacement cue (tea, shower, paper book) + Reconnect

You're not banning. You're choosing from calm.

## **NeuroCalm Scripts (Copy/Paste)**

- 'I hear you. You want relief. We're choosing calm first.'
- 'Not tonight. Back to the track.'
- 'This is depletion, not failure.'
- 'I can decide in 10 minutes.'
- 'Regulation first. Processing tomorrow.'

## Chapter 6 Workbook Pages

### Worksheet 6A — My Most Common Urge Trigger

My urges are strongest when:

- I'm stressed
- I'm lonely
- I'm overtired
- I watched intense content
- I ate unsteadily
- I feel hot/restless
- Other: \_\_\_\_\_

My top trigger is: \_\_\_\_\_

### Worksheet 6B — My Default NeuroCalm Plan (2 Minutes)

When the urge hits, I will:

- 1) Breath Cascade (6 rounds)
- 2) Say my script: \_\_\_\_\_
- 3) Do my replacement cue: \_\_\_\_\_

## Worksheet 6C — 7-Day NeuroCalm Reps Tracker

Day 1  Day 2  Day 3  Day 4  Day 5  Day 6  Day 7

My chosen practice time: \_\_\_\_\_

## Worksheet 6D — 10-Minute Delay Card

When I want to eat/scroll/drink, I will delay for 10 minutes and do:

- Breath Cascade
- Tea or water
- Short walk/stretch
- Paper book
- Sensory scan

Then I will decide from calm.

Next, in Chapter 7, you'll build Anchor 3 (Deep Sleep Anchor): the bedroom seal, the 10-minute somatic wind-down, and the 80/20 stimulation rules that protect sleep entry—so your brain stops staying 'online' after dark.

## Chapter 7 — Anchor 3: Deep Sleep Anchor (Seal the Night, Stop Late Stimulation)



This chapter is about the part of the night most women underestimate: the last hour. Not because it's dramatic, but because it's quietly decisive. In perimenopause, your nervous system often can't handle the same late-night input it used to. If you go to bed 'online,' your brain keeps processing—and processing is the enemy of deep sleep.

Anchor 3 is the Deep Sleep Anchor. Its job is simple: create a runway. A runway is not a long, perfect routine. It's a short sequence that reduces stimulation, stabilizes

temperature cues, and signals to your nervous system:  
\*\*we're landing.\*\*

If you've ever thought, "I'm tired but I can't switch off," this anchor is for you. It's also the anchor that makes Night Freedom feel like a true pre-3AM system: when your runway is clean, your sleep becomes less fragmented, and 3AM wake-ups have less traction.

We'll keep this practical. You'll learn the 80/20 rules that make the biggest difference, a 10-minute somatic wind-down that works even when you're busy, and bedroom blueprint variants that support hot sleepers, cold sleepers, and shared-bed realities.

### **7.1 The Binge Window: How Late Stimulation Keeps the Brain "Online"**

There's a reason the night often collapses in the same window: after dinner through bedtime. We call this the binge window—not only because of food, but because of stimulation. This is when you're most likely to binge-scroll, binge-watch, binge-think, binge-snack.

Why? Because you're depleted. Your brain wants relief. Your nervous system wants a downshift. And modern life offers quick relief that looks soothing but is actually activating: bright screens, emotional content, social comparison, work messages, endless novelty.

In perimenopause, that novelty hits harder. You may feel more sensitive to intense shows, more reactive to social

media, more vulnerable to stress spirals, and more likely to carry that activation into sleep.

This is the hidden reason you can do ‘everything right’ and still wake at 3AM: your body didn’t downshift before bed. It went to bed activated. And activated systems don’t stay asleep smoothly.

The fix is not to become a monk. The fix is to protect a small, high-leverage window—so your brain doesn’t have to process the day’s intensity at 3AM.

## **7.2 Light + Temperature + Screen Triggers: The Fastest 80/20 Fixes**

WeLUNOVA doesn’t ask for perfection. We ask for leverage. These are the moves that create the biggest impact for the lowest effort.

**\*\*The 80/20 Deep Sleep Rules:\*\***

- 1) Dim your environment in the last hour when you can.
- 2) Keep the phone out of bed.
- 3) Reduce emotional content late (news, conflict, intense shows).
- 4) Set your bedroom temperature and layers before you’re half-asleep.
- 5) Use a short somatic wind-down to signal landing.

Light is a powerful circadian cue. Screens combine light with novelty and emotion. And temperature instability is one of the most common perimenopause sleep

disruptors. You don't need to control everything—you need to control the strongest levers.

If you can only do one rule, do this: **\*\*no phone in bed.\*\*** Phones are novelty machines. Novelty tells your brain to stay awake. You can still relax at night—but choose relaxation that doesn't train wakefulness.

If you can do two rules, add: **\*\*dim light after dinner.\*\*** Lower light levels reduce stimulation and help your nervous system downshift naturally.

### **7.3 The 10-Minute Somatic Wind-Down: Nervous-System-First, Not Performative**

Most bedtime routines fail because they're too long or too precious. They work for three nights, then life happens, and you quit. WeLUNOVA uses a wind-down that is short, repeatable, and built for real women with real lives.

**\*\*The WeLUNOVA 10-Minute Somatic Wind-Down\*\***  
Minute 0–2: Downshift breath (exhale longer than inhale)  
Minute 2–5: Unclench sequence (jaw, shoulders, hands, belly)  
Minute 5–8: Gentle body scan (weight of body, contact points)  
Minute 8–10: Sleep cue (one phrase + one sensory cue)

A sleep cue can be simple: a phrase like 'I'm safe. It's night. Rest is allowed.' Or a sensory cue like hand on chest, a familiar scent, or a consistent pillow

arrangement. The cue doesn't need to be magical. It needs to be repeatable.

Why somatic? Because the body leads the brain at night. If you try to think yourself calm, you often end up thinking more. When you calm the body, the mind quiets as a side effect.

Do not judge the wind-down by whether you fall asleep instantly. Judge it by whether your system feels less 'online.' That's what protects deep sleep.

## **7.4 Bedroom Blueprint Variants: Hot Sleepers / Cold Sleepers / Partner Heat / Travel**

Your bedroom is not decoration. It's infrastructure. In perimenopause, small environmental mismatches can turn into full wake-ups—especially heat. So we create variants that fit different realities.

### **Hot Sleeper Blueprint (common in perimenopause)**

- Use layers instead of one heavy blanket (easy adjust without waking fully)
- Keep airflow steady (fan, ceiling fan, cracked window if safe)
- Choose breathable fabrics when possible
- Keep a cooling tool within reach (cool cloth or wrapped gel pack)
- Avoid overheating right before bed (hot baths can help some, trigger others—test)

### **Cold Sleeper Blueprint (or chills after hot flashes)**

- Use thin layers you can add easily
- Keep socks or a light cardigan accessible
- Warm the feet gently (warm feet can help some people drift)
- Avoid heavy overheating that triggers rebound sweating
- Keep the room cool but the body comfortably layered

### **Shared Bed Blueprint (partner heat + movement)**

- Use separate blankets (huge upgrade, less heat trapping)
- Create a 'cool zone' on your side (cool pillowcase, airflow)
- Consider white noise to mask sudden sound spikes
- Keep your night tools on your side only (dim light, notebook, cloth)

### **Travel Blueprint (hotel rooms, time zones, unpredictability)**

- Pack a tiny 'night kit': eye mask, earplugs, cooling cloth, Quick Card
- Set the room temperature before you sleep
- Keep the wind-down short and repeatable
- Accept 'good enough' sleep—travel nights are about stability, not perfection

Your blueprint doesn't need to be expensive. It needs to reduce friction. When friction is reduced, you wake less—and when you do wake, you return faster.

## 7.5 Deep Sleep Anchor Checklist + Score: Your Nightly “Seal”

We seal the night so you don't drift into stimulation without noticing. A seal is a short checklist that prevents the common night leaks: screen creep, light creep, heat creep, and emotion creep.

Score each item 0–2. Total 0–10.

- Light downshift (dim environment)
- Screen boundary (phone out of bed)
- Emotional boundary (less intense content late)
- Bedroom setup (layers + airflow ready)
- Somatic wind-down completed

Again: your goal isn't perfection. Your goal is predictability. Even a 6/10 most nights can create massive improvements in sleep continuity and cravings.

When your Deep Sleep Anchor gets stronger, you'll often notice two early wins:

- you fall asleep with less mental noise
- 3AM wake-ups become less intense or less frequent

Next, in Chapter 8, we install the Night Anchor™ Protocol over five nights. This is where everything becomes automatic: less decision fatigue, fewer 'bad night' spirals, and a calmer bedtime identity.

## Deep Sleep Anchor Practical Module: The Low-Stimulation Swap Menu

If you remove stimulation, you need replacements.

Choose one:

- Paper book (boring, calming)
- Stretch + breath (2 minutes)
- Warm shower (if it relaxes you)
- Simple skincare routine (sensory, repetitive)
- Light tidying (5 minutes, not a project)
- Guided body scan (audio only, screen off)
- Thought Parking (one line)

## Chapter 7 Workbook Pages

### Worksheet 7A — My Deep Sleep Anchor Rules (Pick 3)

Pick 3 that feel realistic:

- No phone in bed
- Dim lights after dinner
- Screens off 30 minutes before sleep (most nights)
- No intense content late
- Bedroom cooling setup ready
- 10-minute somatic wind-down

My 3 rules: \_\_\_\_\_

### Worksheet 7B — My Bedroom Blueprint

I am mostly a:

- Hot sleeper
- Cold sleeper
- Mixed (heat waves + chills)

My setup:

Layers: \_\_\_\_\_

Airflow: \_\_\_\_\_

Cooling tool: \_\_\_\_\_

Sound/light tools (optional): \_\_\_\_\_

### **Worksheet 7C — Deep Sleep Anchor Score (0–10)**

Light downshift (0–2): \_\_\_\_

Screen boundary (0–2): \_\_\_\_

Emotional boundary (0–2): \_\_\_\_

Bedroom setup ready (0–2): \_\_\_\_

Somatic wind-down (0–2): \_\_\_\_

Total (0–10): \_\_\_\_

### **Worksheet 7D — My 10-Minute Somatic Wind-Down Script**

Minute 0–2: Exhale longer than inhale (6 rounds)

Minute 2–5: Unclench jaw/shoulders/hands/belly

Minute 5–8: Body scan (contact points)

Minute 8–10: Sleep cue phrase: \_\_\_\_\_

## Chapter 8 — Nights 1–5: Install the Night Anchor™ Without Overwhelm



A protocol only changes your life when it becomes automatic. That's the entire point of this chapter. We're not trying to make you 'better' at night. We're installing a sequence so your night stops depending on motivation.

Nights 1–5 are a training block. Not a test. Not a performance. A training block. The goal is not perfect compliance—it's repetition. Repetition creates predictability. Predictability creates safety. Safety creates sleep.

You will run a simplified version of the Night Anchor™ Protocol across five nights. Each night has a focus. This keeps your brain from doing what it loves to do: trying to fix everything at once, then quitting.

If you've ever tried a routine and felt excited for three days, then fell off and felt ashamed—this is different. We build the system in layers so it survives real life.

And remember the synergy: if 3AM still happens, you already have The 3AM Reset. Night Freedom's job is to reduce how often you need it.

### **8.1 Night 1: Observe Without Pressure (You're Not Failing — You're Mapping)**

Night 1 is not about doing everything. Night 1 is about awareness without drama. Tonight you will simply notice: when do cravings hit, what triggers them, and where the night starts to wobble.

Tonight's moves:

- Do one Metabolic Anchor action (Stable Plate or micro-nutrition if needed)
- Do one NeuroCalm rep (90 seconds)
- Keep your Deep Sleep Anchor minimal: no phone in bed

If cravings hit, don't fight them. Use your script: 'I hear you. We're choosing calm first. I can decide in 10 minutes.' Then run the Breath Cascade.

If you ‘mess up’ tonight, it’s still data. In fact, messy nights teach you the most. We’re building pattern clarity, not perfection.

Morning after: rate your Night Chaos Score (0–100) and write one line: ‘The night wobbled most when \_\_\_\_\_.’

## **8.2 Nights 2–3: Stabilize + NeuroCalm (Reduce Cravings First)**

Nights 2–3 focus on the two anchors that reduce chaos fastest: metabolic stability and urge regulation. If you can reduce cravings and urgency, your Deep Sleep Anchor becomes easier—because you’re not negotiating with the pantry or your phone.

Your focus for Nights 2–3:

- Build a Stable Plate dinner (no perfection, just structure)
- If needed, add the 6PM micro-nutrition buffer (7-day experiment)
- Run NeuroCalm the moment urges hit (90 seconds)
- Keep Deep Sleep Anchor simple: dim lights + no phone in bed

You are building one powerful skill: **\*\*urge delay from calm\*\***. Most night sabotage happens because urges feel immediate. When you can delay for 10 minutes with regulation, you regain choice.

A common surprise at this stage: urges may still appear, but they feel less urgent. That is progress. That’s the

nervous system learning that relief is available without escalation.

Morning after: track your Metabolic Anchor Score (0–10) and your NeuroCalm reps. Look for one early win: fewer snacks, smaller snacks, less guilt, calmer bedtime, or fewer ‘wired’ feelings.

### **8.3 Nights 4–5: Run the Full 90-Minute Sequence (No Improvising)**

Now we install the full protocol. Your job for Nights 4–5 is not to be creative. It’s to repeat the sequence.

**\*\*The Night Anchor™ 90-Minute Sequence:\*\***

90 minutes before bed: Metabolic Anchor check (stability, not dieting)

60 minutes before bed: stimulation downshift (dim light, reduce intensity)

30 minutes before bed: NeuroCalm Breath Cascade + script

10 minutes before bed: 10-minute somatic wind-down + bedroom seal

If your life doesn’t allow 90 minutes, use the compressed version:

• 2-minute NeuroCalm + 10-minute somatic wind-down + bedroom seal

Consistency beats duration.

The biggest mistake here is improvising nightly.

Improvising creates novelty. Novelty keeps the brain

online. Choose your default and repeat it for 14 nights before you optimize.

Morning after: note one thing that felt easier. Many women notice bedtime becomes less dramatic—less bargaining, less scrolling, less ‘I should.’ That’s the identity shift beginning.

## **8.4 How to Read Your Progress Chart: What Improvements Appear First**

Progress rarely shows up as ‘perfect sleep.’ It shows up as smaller wins that stack.

Here are the most common early improvements:

- cravings feel less urgent
- after-dinner snacking becomes less automatic
- bedtime feels calmer
- you fall asleep with less mental noise
- 3AM wake-ups become less intense
- the next day feels less wrecked

This is why we track scores. Your Night Chaos Score can improve even before sleep becomes perfect. That score is proof you’re stabilizing the system.

If you see two good nights and then a bad night, don’t panic. Perimenopause is wave-based. Your job is to return to the protocol—because returning is what trains stability.

Look at trends, not single nights. One night is weather. A week is climate.

If you want a simple success metric: if your night feels 10% less chaotic, you're winning. That 10% compounds.

## 8.5 The “If/Then” Night Plan: You Decide in Daylight, Not in Fatigue

The final step of installation is a plan that removes decisions. You will create ‘if/then’ rules so your tired brain doesn't negotiate.

**\*\*If/Then Examples:\*\***

- If I want dessert, then I delay 10 minutes and do NeuroCalm first.
- If I crave sugar, then I choose a planned option or a replacement cue—no improvising.
- If I want to scroll in bed, then I put the phone away and do the 10-minute wind-down.
- If I had a high-stress day, then I use the compressed anchor sequence.
- If I wake at 3AM, then I use The 3AM Reset (Calm → Cool → Reconnect).

These rules aren't about control. They're about relief. They free you from nightly debates.

Write your rules once. Keep them visible. When you're tired, you don't need motivation—you need a script.

Next, in Chapter 9, we make this even easier with ‘Night Freedom Fuel’: snack templates, grocery blueprints, and emergency rituals for ‘I'm too tired’ nights—so the protocol survives real life.

## Chapter 8 Tools & Worksheets

### Worksheet 8A — My 5-Night Installation Plan

Night 1 focus: \_\_\_\_\_

Night 2 focus: \_\_\_\_\_

Night 3 focus: \_\_\_\_\_

Night 4 focus: \_\_\_\_\_

Night 5 focus: \_\_\_\_\_

My one non-negotiable rule this week: \_\_\_\_\_

### Worksheet 8B — My Night Anchor™ Defaults

Metabolic Anchor default: \_\_\_\_\_

NeuroCalm default: \_\_\_\_\_

Deep Sleep Anchor default: \_\_\_\_\_

Compressed version for busy nights: \_\_\_\_\_

### Worksheet 8C — My If/Then Rules (Decide in Daylight)

If \_\_\_\_\_, then \_\_\_\_\_.

If \_\_\_\_\_, then \_\_\_\_\_.

If \_\_\_\_\_, then \_\_\_\_\_.

If \_\_\_\_\_, then \_\_\_\_\_.

If I wake at 3AM, then I use The 3AM Reset.

## **Worksheet 8D — My Progress Signals (What I'll Look For)**

My top 3 early wins to watch for:

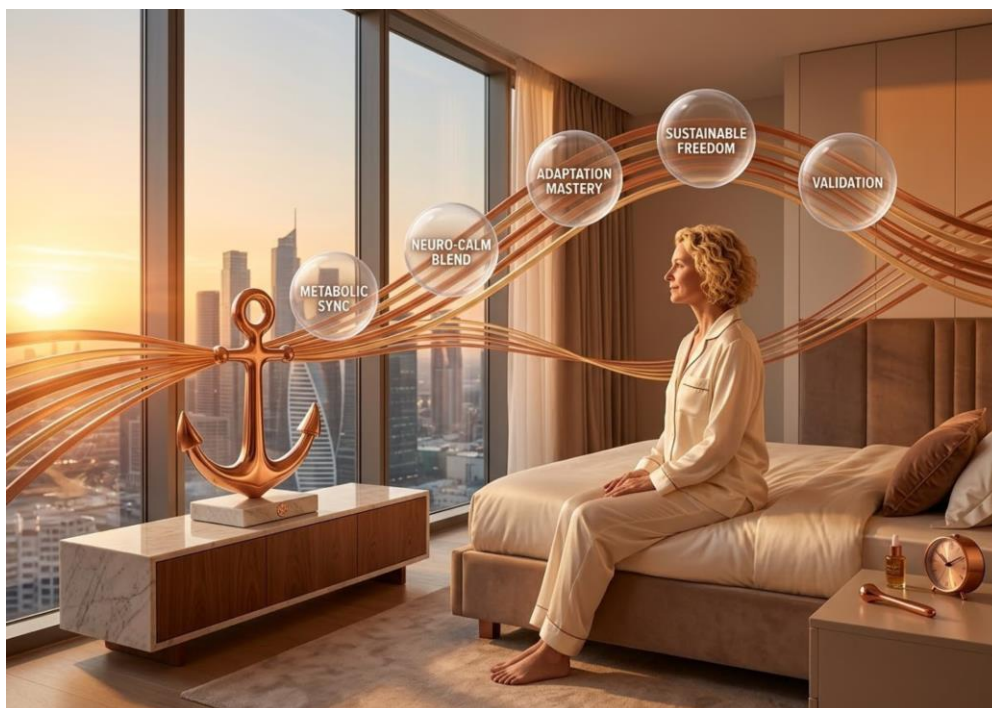
1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

My reminder sentence: 'Trends over time. Return without drama.'

## Chapter 9 — Night Freedom Fuel: Snacks, Rituals, and “I’m Too Tired to Cook” Nights



This chapter removes the biggest friction point in the entire system: decision fatigue. You can have the best protocol in the world, but if your night requires you to decide what to eat, what to do, and how to calm down when you’re depleted, the night will win more often than it should.

Night Freedom Fuel is a set of pre-decisions. It’s the difference between ‘I’ll try’ and ‘I know exactly what I do when life happens.’

## 9.1 15 Night Anchor™ Approved Snacks (Sleep-Friendly, Low-Damage, Satisfying)

These snacks aren't moral. They're strategic. Use them only when you genuinely need a stability move—true hunger, shaky/jittery feelings, or a recurring pattern of 3AM hungry wakes. If you don't need them, skip them.

The goal is simple: small portion, steady energy, low stimulation, easy digestion.

Choose 1–2 that you actually like and keep them as your defaults:

- Greek yogurt + berries
- Cottage cheese + cucumber or cherry tomatoes
- Hummus + veggie sticks
- A boiled egg + a few whole-grain crackers
- A small handful of nuts + a piece of fruit
- Edamame (warm or chilled)
- Tofu cubes + soy sauce/sesame (small)
- Oats (small bowl) + cinnamon + a spoon of nut butter
- Chia pudding (small)
- Apple slices + nut butter
- Turkey slices + a few olives
- A small protein shake (if it agrees with you)
- Kefir or yogurt drink (small)
- Warm milk alternative + cinnamon (if soothing for you)
- A small bowl of lentil soup (if late dinner was too light)

WeLUNOVA rule: if a snack triggers more cravings, it's not your snack. Replace it. Your body will tell you fast.

## 9.2 The Grocery Blueprint: Shop Once, Stop Nightly Decision Fatigue

Your grocery list is a sleep tool. If your kitchen contains only 'high-urge' foods, your night becomes a negotiation. The goal isn't to ban everything. The goal is to make the default easy.

Build three bins:

- Stable Plate basics (protein + plants + calm carbs)
- Night Anchor snacks (your 1–2 defaults)
- Replacement cues (tea, sparkling water, calming rituals if used)

### A simple Weekly Buy List (starter)

- 2–3 proteins  
(fish/chicken/turkey/tofu/tempeh/eggs/beans)
- 2–3 fiber plants (greens, broccoli, zucchini, peppers, carrots)
- 1–2 calm carbs (sweet potato, quinoa, brown rice, oats, lentils)
- 1–2 snack defaults (yogurt/berries, hummus/veg, nuts/fruit, etc.)
- Hydration support (herbal tea, sparkling water, electrolytes if you use them)
- Simple flavor tools (olive oil, lemon, herbs; spices that don't trigger heat for you)

You're not shopping for dieting. You're shopping for less nighttime chaos.

### **9.3 Emergency Rituals: What to Do When Cravings Hit Hard (No Shame, No Spiral)**

On high-stress nights, your brain will demand relief. You need rituals that provide relief without creating stimulation.

Choose one Emergency Ritual and make it your default for 14 nights. Repetition is what trains calm.

- 2-minute NeuroCalm (Breath Cascade + script)
- Warm shower (if it relaxes you) + dim lights
- Skincare routine (slow, sensory, non-digital)
- Paper book (boring, calming) for 5–10 minutes
- Short stretch + long exhales (2–3 minutes)
- Thought Parking (one line) + return to wind-down

If you still choose to eat, choose your planned snack from 9.1—no improvising. Improvising is where the spiral starts.

### **9.4 Wine & Dessert Risk Management: How to Live Without Paying at 3AM**

Night Freedom is not a lifestyle punishment. It's a strategy. That means you don't need to eliminate pleasure—you need to reduce the 'pay later' effect.

Risk management looks like this:

- Plan the night (don't let it happen to you)
- Keep portion and timing intentional
- Protect the runway (Deep Sleep Anchor becomes non-negotiable)

### **The WeLUNOVA 'If I Choose It, I Protect It' Rule**

If you choose wine or dessert, choose one protective move:

- earlier dinner + stable plate
- water and slow pace
- screens and emotional content lower
- wind-down completed

This reduces both cravings and 3AM rebound.

## **9.5 The Late Dinner Protocol: When Life Happens and You Need a Safe Fallback**

Late dinners happen. The problem isn't the dinner—it's the cascade: heavy meal + stimulation + bed too soon.

Late Dinner Protocol (simple):

- 1) Keep it balanced and lighter if possible (Stable Plate, smaller portion)
- 2) Reduce alcohol/dessert on late-dinner nights
- 3) Commit to the compressed anchor sequence (2-minute NeuroCalm + 10-minute wind-down)
- 4) Set the bedroom seal (layers + airflow)
- 5) If 3AM happens, use The 3AM Reset—no panic.

## 9 Chapter 9 Workbook Pages

### Worksheet 9A — My Two Default Night Snacks

Snack #1: \_\_\_\_\_

Snack #2: \_\_\_\_\_

When I will use them: \_\_\_\_\_ (true hunger / shaky / recurring 3AM hungry wakes)

### Worksheet 9B — My Emergency Ritual

My default ritual: \_\_\_\_\_

My script: 'I hear you. Calm first. Decide later.'

My no-improv rule: planned snack or ritual only.

## Chapter 10 — Troubleshooting: When Progress Stalls (The Dashboard Fix Map)



If you've ever improved for a few nights and then slid back, this chapter is your safety net. Perimenopause progress is rarely linear. It moves in waves. Stress weeks happen. Hormone swings happen. Travel happens.

Troubleshooting is not about adding more rules. It's about identifying the bottleneck and adjusting one lever at a time.

## 10.1 Cravings vs Stress vs Sleep: Identify the True Bottleneck

When a night feels 'off,' ask one question: what was loudest—metabolic instability, nervous system activation, or stimulation?

Quick filter:

- Physically hungry/jittery → Metabolic bottleneck
- Emotional, urgent urges → NeuroCalm bottleneck
- Brain stayed online → Deep Sleep bottleneck

## 10.2 What to Adjust First: One Variable Per Week (No Chaos)

The fastest way to stall progress is to change everything at once. Pick one variable for 7 days:

- dinner composition
- dessert/alcohol nights
- screen boundary
- wind-down consistency
- bedroom temperature/layers

Track your Night Chaos Score. If the trend improves, keep it. If not, swap the variable.

## 10.3 High-Stress Days: The Modified Anchor Sequence That Still Works

High-stress days require a shorter plan—not a bigger plan.

High-Stress Night Sequence (compressed):

- 1) Stable dinner (no extremes)
- 2) 2-minute NeuroCalm immediately after dinner
- 3) No intense content in the last hour
- 4) 10-minute somatic wind-down

Your job is to reduce activation, not to optimize your life.

## 10.4 Hormone Spike Weeks / PMS Weeks: What Changes, What Stays the Same

On sensitive weeks, the rules get simpler:

- Reduce stimulation late (priority)
- Keep dinner steady
- Use cooling setup earlier
- Expect waves, not perfection

What stays the same: the sequence. Sequence is your anchor when hormones fluctuate.

## 10.5 Mini Case Studies: Common Patterns + The Exact Adjustment That Fixes Them

- Case 1: 'I do fine until I sit down.'

Fix: pre-stage your ritual. Start NeuroCalm before the couch scroll. Make 'sit down' = breath cascade.

- Case 2: 'Dessert nights become 3AM nights.'

Fix: risk-manage: smaller portion, earlier, plus Deep Sleep Anchor non-negotiable.

- Case 3: 'I'm not hungry but I need something.'

Fix: label it as regulation hunger, run NeuroCalm, then choose a replacement cue.

- Case 4: 'I'm hot and restless in bed.'

Fix: bedroom seal earlier (layers + airflow), and reduce late stimulation.

## 10 Chapter 10 Workbook Pages

### Worksheet 10A — My Bottleneck Finder

Tonight's bottleneck was:

Metabolic  NeuroCalm  Deep Sleep

One variable I will adjust for 7 days: \_\_\_\_\_

My success metric: Night Chaos Score trend

## Chapter 11 — The 30-Day Night Freedom Challenge: Your “New Normal” System



This is where Night Freedom becomes your new default—because you practice it until it feels normal. The challenge is intentionally simple: run the anchors, track lightly, and adjust one lever per week.

Your goal is not flawless nights. Your goal is a stable identity: ‘I don’t negotiate with the night.’

## 11.1 Your 30-Day Goal: Realistic, Measurable, Motivating

Choose one goal:

- Reduce after-dinner snacking to 0–2 nights/week
- Reduce urgency of cravings (suggestion, not command)
- Protect the last hour from high stimulation 5 nights/week
- Reduce 3AM wake-ups by 30–50%
- Improve Night Chaos Score by 20 points

Write it: 'In 30 days, I will \_\_\_\_\_. My proof is \_\_\_\_\_.'

## 11.2 Weekly Check-Ins Using Anchor Scores: Progress Without Obsession

Once a week, do a 10-minute review:

- Average your anchor scores (Metabolic 0–10, NeuroCalm 0–10, Deep Sleep 0–10)
- Note the biggest trigger week-to-week
- Choose one variable for the next week

This is how you improve without turning sleep into a project.

## 11.3 Red-Flag Alerts: When to Talk to a Clinician (And What to Ask)

Night Freedom can help dramatically, but medical support matters when red flags appear. Consider

evaluation for loud snoring/gasping (possible sleep apnea), persistent severe mood symptoms, chest pain, fainting, or drenching night sweats with fever or unexplained weight loss.

Questions to ask:

- Could sleep apnea be contributing?
- Could thyroid or iron status affect sleep?
- What are my options for vasomotor symptom management?
- Are there non-hormonal or hormonal options appropriate for me?

## **11.4 The Maintenance Plan (80/20): Keep Freedom Without Rigid Routines**

Pick 3 anchors to keep as your 80/20:

- 1) No phone in bed
- 2) Two-minute NeuroCalm when urges hit
- 3) Stable Plate dinner most nights

Your maintenance plan is not strict. It's reliable.

## **11.5 Your Night Freedom Certificate: Identity Lock-In + Commitment Script**

Read this out loud once:

'I am building Night Freedom. My night is not a character test. It's a system—and my system is getting steadier.

## Perimenopause Night Freedom

When urges rise, I calm first. When life is messy, I compress—not quit. When 3AM happens, I recover without fear.

I don't negotiate with the night. I anchor it.'

## 11 Chapter 11 Workbook Pages

### Worksheet 11A — 30-Day Challenge Daily Check-In

Metabolic (0–10): \_\_\_\_\_

NeuroCalm (0–10): \_\_\_\_\_

Deep Sleep (0–10): \_\_\_\_\_

Night Chaos Score (0–100): \_\_\_\_\_

One win today (one line): \_\_\_\_\_

One tweak for tomorrow (optional): \_\_\_\_\_

### Worksheet 11B — Weekly Review

This week's biggest trigger: \_\_\_\_\_

This week's biggest win: \_\_\_\_\_

My next-week variable (choose one): \_\_\_\_\_

My 80/20 anchors (3): 1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

## A Final Note From WeLUNOVA

Night Freedom was never about fixing you—because you were never the problem. What you've experienced at night is the result of a system under pressure: hormonal shifts, nervous system load, and modern life colliding in the most depleted hours of your day.

This is why willpower failed you—and why structure will now support you. The Night Anchor™ Protocol is your return to steadiness: a simple, repeatable sequence that replaces chaos with predictability, urgency with calm, and fragmented nights with protected sleep.

You don't need perfect evenings. You need anchored ones. And every time you run this protocol—even imperfectly—you are teaching your body something powerful: *the night is safe again.*

## Your 14 Day Commitment

For the next 14 days, your only goal is consistency—not perfection. You will run your Night Anchor™ sequence as often as possible, focusing especially on your weakest anchor. Some nights will be smooth. Others will be messy. Both count. What matters is that you return to the protocol without negotiation, without self-judgment, and without starting over.

Track lightly, adjust slowly, and let your system learn through repetition. At the end of these 14 days, don't ask, "Did I do this perfectly?"

Ask instead: "Do my nights feel more stable? Do my urges feel less urgent? Does sleep feel less like a fight?" That's your progress. That's your proof. And that's how Night Freedom becomes your new normal.

Start Date: \_\_\_\_\_

End Date: \_\_\_\_\_

Signature: \_\_\_\_\_

WeLUNOVA Support: [care@welunova.com](mailto:care@welunova.com)

Website: [WeLUNOVA.com](http://WeLUNOVA.com)

