



Night Anchor™ Quick Card (Premium)

Perimenopause Night Freedom — Bonus Pack

Premium editorial layout • Print-friendly • Built for real nights

What This Is

A complete, print-ready card you can keep by your bed, on your fridge, or inside a cupboard. It turns the Night Anchor™ Protocol into a zero-decision sequence so you don't improvise when tired.

Your Night Anchor™ Protocol — 90-Minute Timeline

90 Minutes Before Bed — Metabolic Anchor

- Stable Plate dinner (protein + plants + optional calm carb)
- If your pattern dips: use your planned stability buffer (small + steady)
- Hydration check (small sips; avoid chugging late)

60 Minutes Before Bed — Downshift Stimulation

- Dim lights, especially overhead lights
- Reduce emotional input: news, conflict, intense shows
- Set bedroom seal now: layers + airflow + cooling tool within reach

30 Minutes Before Bed — NeuroCalm

Breath Cascade: inhale light (3–4) → exhale longer (6–8) for 6 rounds.

Script: “I hear you. Calm first. Decide in 10.”

10 Minutes Before Bed — Somatic Wind-Down + Sleep Cue

- Exhale longer than inhale (6 rounds)
- Unclench: jaw → shoulders → hands → belly
- Body scan: notice contact points
- Sleep cue phrase: choose one and repeat

Choose Your Sleep Cue Phrase

- ☐ I'm safe. It's night. Rest is allowed.
- ☐ I'm landing now. My body knows what to do.
- ☐ Not perfect. Just steady.
- ☐ Custom: _____

Compressed Versions

30-Minute Compressed Anchor

- 2 minutes NeuroCalm
- 10 minutes Somatic Wind-Down
- Bedroom seal: layers + airflow; phone out of bed
- No intense content; dim light

5-Minute Emergency Anchor

- 60 seconds long-exhale breathing
- 60 seconds unclench scan
- 60 seconds stimulation reset: phone away
- 120 seconds neutral activity: paper book or sensory scan

If Cravings Hit

- Calm first: Breath Cascade
- Label it: regulation hunger / depletion / stress
- Decide from calm: planned snack OR replacement ritual

If 3AM Happens

Use The 3AM Reset Protocol: Calm → Cool → Reconnect. No panic. No phone. No problem-solving.

Your Personal Defaults

Metabolic Anchor default:

NeuroCalm default script:

Deep Sleep Anchor rule #1:

My planned snack default (if needed):

