

Wine & Dessert — Risk Manager — (Premium)

Pre-Plan
Checklist

ANCHOR
Night Protection

RESTORE
RECOVERY



Wine & Dessert Risk Manager (Premium)

Perimenopause Night Freedom — Bonus Pack

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

The WeLUNOVA Risk Management Philosophy

This is not 'no fun.' It's 'no pay later.' If you choose wine or dessert, protect your night with one or two anchors.

Pre-Plan Checklist

- ☐ Stable Plate dinner
- ☐ Hydration earlier in the evening
- ☐ Deep Sleep Anchor becomes non-negotiable
- ☐ Bedroom seal ready

Wine — The 3 Rules

- Choose a planned amount
- Avoid pairing with heavy stimulation
- Wind-down still happens

Dessert — The 3 Rules

- Earlier is easier
- Smaller portion, slower pace
- Pair with stability if you tend to crash

If/Then Rules

- If I choose wine → I protect the last hour
- If I choose dessert → I decide it on purpose, not from urgency
- If I had both → I use the compressed anchor sequence

Next-Day Recovery

- Morning light
- Hydration
- Protein-forward breakfast if it suits you
- No shame script: “One night is weather. I return today.”

