

High-Stress Night Playbook

(Premium)

Minimum
Steps



Quick
Scripts

3AM
Reset



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Perimenopause Night Freedom — Bonus Pack

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

High-Stress Nights: Minimum Effective Dose

On high-stress days you don't need a longer routine. You need a smaller one that you will actually do.

The High-Stress Sequence (15 minutes)

- Stable dinner
- 2-minute NeuroCalm immediately after dinner
- No intense content in the last hour
- 10-minute somatic wind-down

Scripts

- This is depletion, not failure.
- Compressed, not quit.
- Calm first. Decide later.

If/Then for Stress Nights

- If I want to scroll → I do NeuroCalm first.
- If cravings hit → I delay 10 minutes + planned snack or ritual.
- If 3AM happens → 3AM Reset with no panic.

Morning-After Debrief

One thing that helped: _____

One thing to tweak tonight: _____

