

3AM Bedside Rescue Card™

A low-stimulation, pattern-matched reset for the moment you wake.

First: do less, not more.

Keep the room dim. Avoid sleep math. Do not diagnose the night. Notice what is most obvious right now, choose one matching path, and keep the response simple.

HEAT™

Cool-Down Path™

- Reduce excess warmth without making yourself uncomfortably cold.
- Adjust covers, clothing, airflow, or pillow surface quietly.
- Use slow, unforced breathing while your body settles.
- Avoid adding bright light or stimulating activity.

WIRED™

Downshift Path™

- Stop planning, solving, replaying, and checking the time.
- Name one neutral sensation: pillow, breath, mattress, room sound.
- Use a longer, easy exhale without forcing a breathing count.
- Tell yourself: “This can wait until morning.”

CLOCK™

Rhythm Path™

- Do not turn repeated timing into a prediction or threat.
- Avoid repeated clock checking and mental countdowns.
- Keep the response boring, consistent, and low stimulation.
- Track the timing later in the Dashboard - not during the wake-up.

FRAGMENTED™

Continuity Path™

- Resolve the smallest practical interruption first.
- Keep bathroom trips and room adjustments dim and quiet.
- Return to bed without adding phone use, work, or problem-solving.
- Tomorrow, change one continuity variable - not five at once.

MIXED™: If two patterns feel equally strong, start with the one that is most obvious in the moment. The Sleep Signatures™ are working self-observation patterns, not diagnoses. If symptoms are severe, new, worsening, persistent, or safety-relevant, seek qualified medical guidance.