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Your quick guide to using The 3AM Sleep Signature™ Method — Version 1.0

Same wake-up. Different pattern. Different response.

This bundle is designed to help you observe what happens when you wake, identify the working pattern that fits best, choose a lower-stimulation response, and learn from several nights instead of judging a single night.

Your 5-step path

	Read the Customer Edition Start with the core guide so you understand the four working patterns and the S.I.G.N.A.L.™ process.
	Take the 20-question Assessment Answer 0–3 for each item. Five questions belong to each Signature™. Raw score 0–15 converts to Pattern Strength Score™ 0–100.
	Use the Dashboard + 28-Day Tracker Record what happened in the morning. After 7–14 nights, look for patterns rather than reacting to one difficult night.
	Use the matching Path™ at night HEAT™ → Cool-Down™ · WIRED™ → Downshift™ · CLOCK™ → Rhythm™ · FRAGMENTED™ → Continuity™.
	Build your Personal Playbook™ Keep what repeatedly helps. Bring the Clinician Conversation Summary™ to a healthcare professional when you want help discussing persistent or concerning symptoms.

How scoring works

Response	Meaning
0	Never / not at all
1	Sometimes / mildly
2	Often / clearly
3	Very often / strongly

Pattern Strength Score™ = (raw score ÷ 15) × 100

The highest score is your Primary Signature™. The next highest is your Secondary Signature™. If the top two scores are within 10 points, your Pattern Type is MIXED™. Start with the dominant pattern first and observe the secondary pattern separately.

Signature™	Working pattern	First Path™
HEAT™	Warmth, flushing, sweating, temperature discomfort	Cool-Down Path™
WIRED™	Racing thoughts, planning, alertness, clock reaction	Downshift Path™
CLOCK™	Repeated wake-up timing in a similar window	Rhythm Path™
FRAGMENTED™	Multiple interruptions: bathroom, noise, room, habits	Continuity Path™
MIXED™	Top two Pattern Strength Scores™ within 10 points	Start with the dominant Path™

Pattern Strength Score™ is a self-observation score only. It is not a validated clinical scale, diagnostic score, or measure of disease severity.

What is included in your bundle

01	The 3AM Sleep Signature™ Method — Customer Edition V1.0	Core educational guide
02	Sleep Signature™ Assessment / Quiz	20-question interactive self-observation assessment
03	3AM Pattern Dashboard™	Assessment scoring + daily observation dashboard
04	3AM Bedside Rescue Card™	Quick night-time reference
05	28-Day S.I.G.N.A.L.™ Tracker	Printable daily observation tracker
06	Personal Sleep Playbook™	Your individualized response plan
07	Clinician Conversation Summary™	A concise discussion aid for appointments

Important use note

The 3AM Sleep Signature™ Method is an educational wellness framework. The Sleep Signatures™ are working self-observation patterns, not diagnoses or statements of cause. Do not use the materials to change prescription medication, hormone therapy, supplements, or medical treatment without qualified medical guidance.

Persistent, severe, new, worsening, or significantly impairing sleep symptoms - including loud snoring/gasping, witnessed breathing pauses, severe daytime sleepiness, drowsy-driving risk, chest pain, fainting, severe new night sweats, major mood changes, or other concerning symptoms - deserve professional evaluation.

by Vivienne Hartmere

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