

The 3am Bedside card

A one page bedside next step for the actual moment of waking.

1. First things first

- ☐ Do not check the time more than once.
- ☐ Do not start scrolling.
- ☐ Keep the lights low.
- ☐ Let your first action be: stay calm, stay boring.

2. Do less, not more

- ☐ At 3am, effort usually backfires.
- ☐ Avoid emails, news, bright screens, online symptom searches and mental life admin.
- ☐ Ask: what is the lowest stimulation thing I can do next?

3. If you are still awake

- ☐ If you feel properly alert and are clearly not drifting off, stop wrestling with it.
- ☐ Get out of bed and do something quiet and dim for a short while.
- ☐ Aim for boring, not entertaining.

Useful line for the night

"I am awake. That is irritating, not dangerous. My job is to keep things quiet."

4. The next day reset

- ☐ Get up at your usual time, or close to it.
- ☐ Get daylight early if you can.
- ☐ Keep caffeine sensible, not heroic.
- ☐ Avoid labelling the day a write-off.
- ☐ Make tonight simpler, not stricter.

One rough night is data, not destiny.

Keep this by the bed or save to your phone