Better Life Daily

Practical systems for everyday challenges

3:17 AM

The 3 AM Wake-Up Protocol

A practical system for returning to sleep when you wake in the middle of the night with a racing mind

6 MODULES • 14-DAY SYSTEM

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PART 2

Body scan sequence (3–5 min)

Body Area	Time
Feet & Toes	~20 sec
Calves & Shins	~20 sec
Thighs & Hips	~20 sec
Lower Back	~30 sec
Chest	~30 sec
Hands & Arms	~20 sec
Shoulders	~30 sec
Neck	~20 sec
Jaw	~30 sec
Forehead	~20 sec

PART 3

4–7–8 Breathing

INHALE through nose: 4 counts

HOLD: 7 counts

EXHALE through mouth: 8 counts

⇄

Repeat 4-6 times. Extended exhale activates relaxation response.

**Use Worksheet 4:
Body Reset Guide**

Weekly Review

Week 1 and Week 2 Review

Use this checklist the morning after a bad night.

Week: ☐ 1 ☐ 2 Dates: ____________ to ____________

Quantitative Review

Metric	This Week	Last Week
Nights woke 2-4 AM	/ 7	/ 7
Nights avoided clock	/ 7	/ 7
Avg return-to-sleep (min)		
Avg next-day energy	/ 10	/ 10

Reflection

Most effective method: ☐ Cognitive Interrupt ☐ Body Reset ☐ Extended Wake ☐ Evening Offload

What I struggled with: ____________

Patterns noticed: ____________

Next Week

START doing: ____________

STOP doing: ____________

CONTINUE doing: ____________