The three in the morning routine

A plan to follow without deciding, for when a night sweat wakes you.

WHY HAVE A ROUTINE AT ALL

The difference between waking, doing a practised thing, and going back to sleep, versus waking, becoming alert, and starting to think, is the difference between a broken night and an interrupted one. The point is that you follow it without making any decisions, because deciding wakes you up.

Write your own, then put it by the bed

1. What I do first, without turning on a bright light

For example: push the duvet off one side, drink the water already by the bed.

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2. What I do not do

- [ ] Check the time
- [ ] Pick up my phone
- [ ] Turn on the main light
- [ ] Calculate how many hours are left
- [ ] Start planning tomorrow

3. If I am still awake after about twenty minutes

Getting up briefly is part of the protocol rather than a failure. Lying awake trains your nervous system to associate bed with being awake.

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4. The sentence I say to myself

Something true and undramatic. For example: this is thermoregulation, it will pass, and one broken night is survivable.

Set up before you go to bed

- [ ] Water within reach
- [ ] A dim lamp rather than the main light
- [ ] Layers you can remove without sitting up
- [ ] Phone out of reach, or at least face down and silent
- [ ] Bedroom cooler than feels necessary

> **THIS IS NOT A SUBSTITUTE FOR THE FULL PROTOCOL**
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> If your sleep is significantly disrupted, ask your GP about cognitive behavioural therapy for insomnia. This sheet addresses one moment. The protocol addresses the whole pattern.

NOT MEDICAL ADVICE. Educational content only. Many symptoms have causes other than perimenopause, including thyroid disease, anaemia and diabetes. Please speak to your GP about anything that concerns you. · Module 3 · navigare-vela.com