B E T T E R V I A — FREE RESOURCE

3 A.M. Wake-Up: The First 5 Minutes

You're awake and your mind is already replaying. Do this first.

1 **Don't check the clock math**

No “if I fall asleep now I get…” arithmetic. That math is an alarm bell, not information. Turn the clock around.

2 **Cold water, low light**

Get up. Cold water on your face and wrists. Bathroom light only — bright light tells your brain the day has started.

3 **One line on paper**

Write the replay's headline in one line — not the whole story. Paper holds it so your mind doesn't have to keep rehearsing it.

4 **Back to bed, count the outs**

In bed, count 20 slow exhales. If a thought interrupts, restart the count without scoring yourself. Boredom is the tool.

5 **Still awake after ~20 minutes?**

Get up again and read something dull in low light until your eyelids get heavy. Bed is for sleeping, not for waiting.

One bad night is weather, not climate.

Judge any sleep tool over a week of nights, never over a single one.
More free tools: graceful-kitsune-75c701.netlify.app/free.html

A free Bettervia resource. It stands on its own — it is not a page from The 3 A.M. Brain workbook.
Educational information about psychology — not medical advice, diagnosis, or treatment.