



# SLEEP EMERGENCY CARDS

Quick Reference Guide for Middle-of-Night Wake-Ups

**Save these to your phone for instant access at 3 AM**

10 essential cards with step-by-step protocols for every sleep emergency

Mobile-optimized • Evidence-based • Immediately effective



# THE 3 AM EMERGENCY PROTOCOL

When you wake up in the middle of the night

1

## DON'T PANIC (30 seconds)

- Stay in bed, don't check the time
- Take 3 deep breaths
- Remind yourself: "This is temporary, I know how to handle this"

2

## BODY TEMPERATURE RESET (1 minute)

- Stick ONE foot out from under covers
- Cool, damp cloth on wrists for 30 seconds
- Breathe through mouth (cooling effect)

3

## 4-7-8 BREATHING (3 cycles)

- Inhale nose: 4 counts
- Hold: 7 counts
- Exhale mouth: 8 counts
- Repeat 3 times

4

## MENTAL TV TECHNIQUE

- Imagine old TV with static
- Slowly tune to boring program
- Make image fuzzy and unclear
- Turn volume down to whispers
- Turn off TV, drift into darkness

If still awake after 15 minutes, use Card 2



# THE 12-MINUTE SLEEP PROTOCOL

Use when you can't fall asleep initially



## MINUTES 0-3: BODY PREPARATION

**Minute 1:** Full body scan - "I release all tension from my [body part]"

**Minute 2:** 10 deep breaths, 4-7-8 pattern, count backward from 10

**Minute 3:** Heart rate sync - breathe so only bottom hand moves



## MINUTES 3-8: MENTAL TECHNIQUES

**Minutes 3-4:** Count backward from 100 by 3s (100, 97, 94...)

**Minutes 4-6:** Choose ONE visualization: Staircase, Beach, or Cloud

**Minutes 6-8:** Focus on body sensations - "My body knows how to sleep"



## MINUTES 8-12: SLEEP ACTIVATION

**Minutes 8-10:** Try to keep eyes slightly open, blink very slowly

**Minutes 10-12:** Stop all techniques - "I trust my body to sleep"



# RACING THOUGHTS STOPPER

When your mind won't quiet down



## THE STOP TECHNIQUE

Stop what you're thinking  
Take a deep breath  
Observe thoughts without judgment  
Proceed with chosen technique



## ALPHABET DISTRACTION

Think of animals A-Z (Ant, Bear, Cat...)  
If completed, switch to foods or countries  
Keeps anxious mind occupied



## WORRY WINDOW

"I'll think about this at 6 PM tomorrow"  
Imagine placing worry in a balloon  
Release and watch it float away



## 5-4-3-2-1 GROUNDING

- 5** things you can see (name out loud)
- 4** things you can touch (feel different textures)
- 3** things you can hear (focus 10 seconds each)

2 things you can smell

1 thing you can taste



## TEMPERATURE HACKS

When too hot/cold to sleep

### 🔥 TOO HOT:

- One or both feet out of covers
- Damp, cool cloth on back of neck
- Breathe through mouth
- Ice pack between pillow and pillowcase

### ❄️ TOO COLD:

- Warm shower before bed
- Warm drink without caffeine
- Extra blanket for 10 minutes, then remove
- Rub hands and feet together

### IDEAL SLEEP TEMPERATURE:

Bedroom: 65-68°F (18-20°C) • Your body: Slightly cool but comfortable • Feet: Warm



# PHONE & TECH PROTOCOL

Since you're looking at this on your phone



## IMMEDIATE PHONE SETTINGS

- **Brightness:** Lowest possible setting
- **Blue light filter:** Maximum orange/red tint
- **Sound:** Silent/airplane mode
- **Position:** Arm's length away, not next to pillow

1

## AFTER READING THIS CARD

Put phone face down or in another room  
Set alarm for morning (not middle of night)  
Use phone ONLY for emergency sleep techniques

2

## REPLACEMENT ACTIVITIES

Physical book with dim light • Audio sleep meditation  
Journal worries on paper • Focus on breathing techniques

**NO SCROLLING** social media, news, or videos after reading these cards!



## EMERGENCY MANTRAS

Repeat these when panic sets in

"This is temporary, and I am safe"

"My body knows how to sleep"

"I am resting even when not sleeping"

"Tomorrow I will feel better than I think"

"I trust my body's wisdom"

"Each breath is helping me relax"

"I have overcome sleepless nights before"

"Rest is happening right now"



# HOW TO USE THESE CARDS

Your personal sleep emergency toolkit

## 🌙 FOR BEDTIME

Start with Card 2 (12-Minute Protocol)

Add Card 4 if physically tense

## 🚑 FOR 3 AM WAKE-UPS

Always start with Card 1

Add Card 3 if thoughts racing

## 💡 SUCCESS TIPS

Bookmark favorites for offline

Practice during day when calm

**Remember:** You have the tools. You have the knowledge. You will sleep again. 🌙