

When It Wakes You at Night

Have a plan for the surges that hit in the dark, when nobody else is up.

WHEN TO USE THIS

Use this the day after a night you woke up with your heart pounding.

What woke you, as far as you can tell? What did the first minute feel like?

What would you be willing to do at 3 a.m.?

- ☐ Sit up and turn on a lamp
- ☐ Get a drink of water
- ☐ Go to another room
- ☐ Put my feet on a cold floor
- ☐ Read the card I wrote
- ☐ Put on quiet music
- ☐ Text one person

What do you want to do about going back to sleep, or not?

Lying there braced for another one rarely works.

What will you tell yourself about tomorrow being a tired day?

A rough night is a rough night. It does not decide what the next one will be.