

When You Wake at 3 a.m.

Helps you look at what happens when you wake in the middle of the night.

WHEN TO USE THIS

Use this after a night you woke up and could not get back to sleep.

What woke you up last night, if you know?

Noise, a dream, needing the bathroom, pain, or no reason at all.

What did you do once you were awake?

- ☐ Stayed in bed and tried to sleep
- ☐ Checked the time again and again
- ☐ Picked up my phone
- ☐ Got up and went to another room
- ☐ Ate or drank something
- ☐ Turned on the TV or the radio
- ☐ Something else

How long were you awake, and what finally helped you drift off?

If it happens again tonight, what is one thing you will try first?

Waking in the night happens to most people. What you do next is where you have some say.