

Emergency 3am Toolkit

For those wide-awake nights when anxiety or racing thoughts keep you from sleep. Use this toolkit as a gentle guide, not a rigid rulebook.

1. Grounding Breaths

Slow your body's alarm system with controlled breathing.

- 1 Inhale gently for a count of 4.
- 2 Exhale slowly for a count of 6.
- 3 Place a hand on your chest and notice the rise and fall.

2. Sensory Reset

Shift your nervous system by gently engaging your senses.

- 1 Touch: run warm or cool water over your hands.
- 2 Sound: play calming, familiar music or white noise.
- 3 Light: keep lights dim to avoid waking your body clock.

3. Mini-Journalling

Write a simple two-line note to clear mental loops.

- 1 Line 1: "What's looping in my head?"
- 2 Line 2: "I'll revisit this tomorrow at ____."

4. Movement Reset

If stuck in bed feeling restless, move gently.

- 1 Stand up, stretch arms overhead.
- 2 Walk slowly to another room for 1–2 minutes.
- 3 Shake out hands and shoulders to release tension.

5. Return Routine

Re-enter sleep mode with comforting rituals.

- 1 Settle back into bed with a weighted blanket or soft wrap.
- 2 Sip a warm, non-caffeinated drink (herbal tea, warm milk).
- 3 Play soft background music or a calming audio track.

6. If Still Awake After 20 Minutes

Don't force sleep — give your brain a reset.

- 1 Get up and sit somewhere dimly lit.
- 2 Read something calm and non-stimulating (avoid screens).
- 3 Return to bed only when drowsy again.

This toolkit is a supportive guide and not a substitute for medical advice. If insomnia persists, consult your GP or a qualified health professional.