A 14-NIGHT SLEEP RESET

The *3 AM* Fix

A science-based workbook for night waking,
with practical tools for a calmer return to sleep.



BASED ON CBT-I · 47 STUDIES

WORKBOOK EDITION

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THE 3 AM FIX

A practical guide to calmer nights

The science-based 14-night reset for people who wake in the night and can't fall back asleep.

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Based on Cognitive Behavioral Therapy for Insomnia (CBT-I), the first-line treatment recommended by the American College of Physicians, the American Academy of Sleep Medicine and the European Sleep Research Society.

Medical disclaimer: This book provides general educational information and isn't medical advice, diagnosis or treatment. Always seek the advice of a qualified health professional about any medical condition. Never disregard professional advice because of something you read here.

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BONUS TOOLS

- Three printable cheat sheets & the 3 AM Protocol Card
- Sleep diaries, worksheets & 47 scientific references

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BEFORE YOU BEGIN

A letter to the person awake at 3 AM

It's dark. The house is silent. You check the clock: 3:12 AM. Your body is exhausted, but your mind has switched on like a floodlight. You calculate how many hours are left before the alarm. You try harder to sleep. It gets worse.

If this is you, you are in very large company. Around one in three adults report symptoms of insomnia, and roughly one in ten meet criteria for chronic insomnia disorder[5,6]. Waking in the night and struggling to get back to sleep is one of the most common forms of it.

Here is what most people never get told: **the most effective long-term treatment for insomnia is not a pill, a supplement, or a gadget.** It's a structured set of techniques called *Cognitive Behavioral Therapy for Insomnia* (CBT-I). The American College of Physicians[1], the American Academy of Sleep Medicine[3] and the European Sleep Research Society[2] all recommend it as the **first-line treatment** for chronic insomnia in adults.

The problem? Access. Trained CBT-I therapists are scarce, waiting lists are long, and the method is hard to piece together from scattered websites. Most "sleep tips" online stop at *avoid screens and drink*

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chamomile, which is sleep hygiene. On its own, that is not considered an effective treatment for chronic insomnia[3].

This book turns the core of CBT-I into a practical 14-night reset you can follow at home, with a specific protocol for the moment you wake at 3 AM. Every technique in it comes from peer-reviewed research, and the sources are listed at the back.

HOW TO USE THIS BOOK

1. Read Parts 1 and 2 first (about 40 minutes). Understanding *why* you wake is part of the treatment.
2. Track your sleep for 7 nights with the diary at the back before starting the reset.
3. Run the 14-Night Reset. Expect the first week to feel harder before it feels better. That's normal and expected.
4. Keep the *3 AM Protocol* card on your nightstand.

IMPORTANT

This book is educational and doesn't replace medical care. If you have bipolar disorder, epilepsy, a history of seizures, sleep apnea, or are pregnant, or if you drive or operate machinery for work, talk to a doctor before using sleep-window (restriction) techniques. See Chapter 10 for warning signs that need a professional.

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START HERE

Your sleep profile: a 3-minute self-check

Before changing anything, understand your pattern. Tick each statement that's true for you most weeks.

	Statement	Points to
☐	I wake between 2 and 5 AM and lie awake for 30+ minutes	Ch. 4-6
☐	I feel sleepy on the sofa but wide awake once in bed	Ch. 3, 5
☐	My mind starts planning, replaying or worrying when I wake	Ch. 7
☐	I check the time when I wake up	Ch. 3, 6
☐	I spend 8+ hours in bed but sleep far less	Ch. 4
☐	I sleep in or nap after bad nights	Ch. 2
☐	I drink alcohol in the evening, even a glass or two	Ch. 9
☐	I have coffee, tea or energy drinks after noon	Ch. 9

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☐	I dread bedtime or worry about the next day's tiredness	Ch. 8
☐	I snore loudly or feel very sleepy in the day	Ch. 10 first

READING YOUR PROFILE

Most readers tick 4 or more. That's the classic picture of *sleep-maintenance insomnia kept going by learned arousal*, the exact pattern CBT-I was designed for. If you ticked the last statement, read Chapter 10 before you start.

Tonight, before you start the program

1. Turn the clock away.
2. Move your phone out of reach.
3. Choose your fixed wake-up time.
4. Start the baseline sleep diary tomorrow morning.

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01

PART ONE · UNDERSTAND

Waking at night is normal. Staying awake isn't.

The first thing to fix isn't your sleep. It's a belief about your sleep.

Sleep comes in waves

Sleep is not a single smooth block. Through the night you cycle through light sleep, deep sleep and REM (dreaming) sleep in cycles of roughly 90 minutes. Deep sleep is concentrated early in the night, and REM and lighter sleep dominate the early morning hours. That is exactly when most people notice they are awake.

At the end of cycles, it's normal to surface briefly. Healthy sleepers wake many times a night; most awakenings are so short they're never remembered. With age, the number and length of awakenings naturally increase[23].

4-6 sleep cycles in a typical night. Each one ends near the surface of wakefulness.

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Superscript numbers in the text refer to these peer-reviewed sources.

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