

3 AM Emergency Protocol

A rehearsed sequence you can run in the dark without thinking. Read this in daylight until you know it by heart.

The Protocol

Step	Instruction	Detail
1	Do not move.	Don't reach for your phone. Don't check the clock. Don't sit up. Keep your eyes soft. Give yourself 30 seconds of complete stillness.
2	Say your script.	Pick one of the three scripts below and repeat it slowly, three times. Keep it internal. Slow it down.
3	Do the breathing.	Three cycles of 4-4-6 breathing. In through the nose for 4 counts. Hold for 4. Out slowly for 6. Three times.
4	If still awake after 20 minutes, get up.	Go to another room. Keep lights dim. Do something boring for 10 minutes. No phone, no news. Return when drowsy. Run the script once more as you settle.

The Three Scripts (choose one -- stick with it for at least 7 nights)

Script A	<i>"I'm resting. Sleep will come back. I'll be okay tomorrow."</i>
Script B	<i>"I'm awake right now. That's okay. My body is resting even if I'm not sleeping."</i>
Script C	<i>"Feet heavy on the mattress. Hands warm. Jaw loose."</i>

4-4-6 Breathing Reference

Phase	Count	What to do
Inhale	4	In through the nose. Slow and steady.
Hold	4	Still. Jaw loose. Shoulders down.
Exhale	6	Out slowly. Longer than the inhale. Let everything release.

Repeat 3 times.

My chosen script (circle one): A B C