

The 3AM Reset

3:00

What to do when you're awake replaying a conversation. Five steps, about ten minutes. Keep it on your nightstand.

1

Name it

Say it in your head: **"I'm replaying."** Noticing the loop is the first break in it. You're not solving anything right now.

2

Breathe slow

In for 4, out for 6, for five minutes. That's about six breaths a minute. Long exhales tell your body the threat is over.

3

Park it

Write three lines, then close the notebook.

The conversation:

The one line I'd actually say:

When I'll deal with it (a time tomorrow, not tonight):

4

Not at 3AM

Back to bed. If you're still awake after about 20 minutes, get up, keep the lights low, do something boring, and come back when you're sleepy.

5

Close the loop tomorrow

At the time you wrote down, say the line, or decide it doesn't need saying. Either one ends the replay.

Score your night: the Quiet Score (0–100)

Each part is worth up to 25	25	15	8	0
Fell asleep in	≤15 min	16–30	31–45	>45
Awake during the night	≤20 min	21–40	41–60	>60
Overnight HRV vs. your usual	5%+ above	within 5%	5–15% below	15%+ below
Bedtime anxiety (1–10)	1–2	3–4	5–7	8–10

No wearable? Score the other three and multiply by 4/3. It's a personal tracking score, not a medical measure.