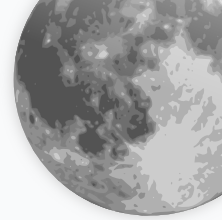


Awake At 2AM?

Read This Instead of
Spiraling

A simple, no-pressure reset for parents whose brains
won't shut off at night



First, take a breath.

If you're reading this in the middle of the night, first:

Your brain is not broken.

And one rough night does not erase your progress.

Most exhausted parents make the same mistake during middle-of-the-night wakeups:
they start trying harder to sleep.

That pressure creates stress.

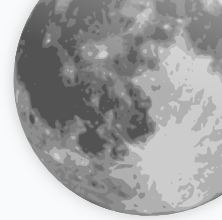
Stress wakes the nervous system up even more.

And suddenly a normal wakeup turns into an hour-long spiral.

This guide is designed to help you interrupt that cycle.

Not perfectly.

Just gently.



What's Happening Right Now

When you wake up at 2AM, your brain often starts scanning for danger:

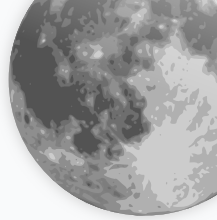
- "Why am I awake?"
- "What if I can't fall back asleep?"
- "Tomorrow is going to be awful."
- "I need to sleep NOW."

The problem is:
Your brain interprets urgency as a
reason to stay alert.

The goal is NOT to force sleep.

The goal is to reduce the pressure that keeps your nervous system activated.

The 2AM Reset



STEP 1

Stop Checking the Clock

Clock checking creates urgency.
Urgency creates stress.
Stress creates more wakefulness.

You do not need to calculate how much sleep you have left.

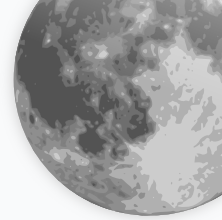
STEP 2

Stop Trying to Force Sleep

Instead of:
“Come on. Fall asleep.”

Try:
“I’m allowed to simply rest right now.”

Even quiet wakefulness is not a failure.



The 2AM Reset

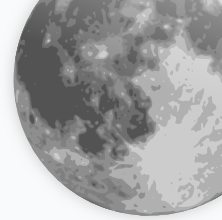
STEP 3

Calm Your Body First

Focus on lowering activation instead of chasing sleep directly.

Try:

- loosen your jaw
- unclench your hands
- lengthen your exhale
- focus on physical comfort



The 2AM Reset

STEP 4

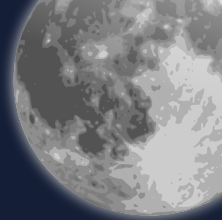
If You're Wide Awake, Get Out of Bed Briefly

Do something calm and low stimulation:

- dim lighting
- gentle stretching
- quiet reading
- slow breathing

Avoid:

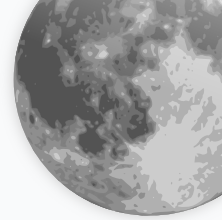
- doom scrolling
- bright lights
- work
- intense thinking



2AM QUICK RESET

Save this for the middle of the night.

- Stop checking the clock
- Unclench your jaw and shoulders
- Take 3 slow exhailes
- Remind yourself: “I do not need to force sleep.”
- Focus on resting, not performing
- Avoid your phone if possible
- If frustration keeps building, get out of bed briefly
- Keep lights low and stimulation minimal
- Return to bed when sleepiness returns
- Remember: One rough night does not erase progress



A Final Reminder

You do not need to win the night.

You do not need to force unconsciousness.

Sometimes the biggest shift is learning how to stop fighting your wakeups.

Less pressure.

Less panic.

More safety.

That's often where better sleep begins.

Follow for more practical sleep support designed specifically for overwhelmed parents.