THE 3:04 CLUB / WITH DEE

The 3am wake-up reset

For the women who wake at the same ungodly hour every night. What to do at 3:04am, what to fix before 10pm, and the one supplement I keep on the shelf.

First, the reassuring bit: waking in the small hours is one of the most common perimenopause complaints there is. You are not doing sleep wrong. Your thermostat and your hormones are having an argument, and you're the room they're arguing in.

At 3:04am: the 20-minute rule

- Don't look at the clock. Cover it. The arithmetic of how many hours are left has never once helped anybody.
- If you're paper. R

The 3am thoughts are not evidence

Everything your brain says between 3am and 5am should be treated as an unverified rumour from an unreliable correspondent. The email you're dreading, the thing you said in 2019, the certainty that everyone secretly dislikes you - none of it looks the same at 8am. Write it down, deal with it in daylight, and if it still looks true at breakfast, then it's worth a thought.

Before 10pm: the part that actually changes things

- Fixed wake-up time, seven days a week, including the bad days. It's miserable for about ten days and then it does more than everything else combined.
- Ten min phone s

What the evidence actually favours

CBT-I - cognitive behavioural therapy for insomnia - is the first-line treatment for chronic insomnia and beats sleeping pills over the medium term, without the dependency. It's structured, usually around six sessions, and there are reputable digital programmes if you can't get a referral. Ask for it by name. It is not the same as the sleep hygiene leaflet.

The 3:04 Club - not medical advice. I'm not a doctor; talk to your healthcare provider about anything on this sheet. Some links in this PDF are affiliate links, which means I earn a commission if you buy.

My two-week experiment log

Change one thing at a time, or you'll never know what worked.

Week	What I changed	Nights I woke at 3am	How I felt at 3pm
Week 1			
Week 2			

When to stop managing this alone

- Three months of poor sleep, or sleep that's wrecking your mood and your work.
- Falling a screen.

The one I keep on my shelf

I've tried the gummies, the sprays and the things that make you dream about spreadsheets. Sleep Revive is the one that stayed: five printed ingredients, two capsules thirty to forty-five minutes before bed, non-habit-forming, and sixty days to get your money back if it does nothing for you. Buy the smallest pack first - never buy six bottles of something you've never tried.

See Sleep Revive's page

https://578a1dzgigytgz2ht5lds774y6.hop.clickbank.net

If you'd rather spend nothing: ask your doctor about CBT-I by name, fix your wake-up time for two miserable weeks, and cut the weeknight wine. That's the free version and it works for a lot of women.

The rest of the shelf

For the other things waking you up - the weight that moved, the joints that ache.

Liv Pure - metabolism and stubborn middle weight

Two capsule rules on you.

JointVive - joints, 365-day guarantee

One liquid d narrating the

The coffee-drop one - metabolism, zero new habits

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