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YOUR COACH'S PLAN · FREE WITH THE ARTICLE

The 3am Wake-Up Plan

For anyone asleep by 10:30 and wide awake at 3am, most nights. Every line below restates a claim verified against Tier-1 medical sources. Nothing here is invented, and nothing is for sale.

✓ CHECKED AGAINST CLEVELAND CLINIC · MAYO CLINIC PRESS · NIH OFFICE OF DIETARY SUPPLEMENTS

1
3am is light-sleep territory
By the early-morning hours you are cycling through REM, the lightest sleep stage, so small disturbances are enough to surface you. (Cleveland Clinic)

2
The free fixes come first
A cool room, an earlier last drink, a fixed wake time, and the 15-to-20-minute rule carry the strongest everyday evidence. (Cleveland Clinic)

3
Magnesium supports the settling
Evidence is modest, and it matters most when intake runs short, which NIH reports is common in U.S. diets. (Mayo Clinic Press, NIH)

1. Cool the bedroom to 60 to 67 degrees F
The cheapest fix on this list, and often the biggest.

WHY THIS WORKS

Cleveland Clinic puts the ideal adult sleeping range at 60 to 67 degrees F, with the room kept cool, dark and quiet. Above 70 degrees is too warm for most sleepers, and a warm room is one of the most fixable reasons a light-sleep waking turns into a full wake-up.

SOURCE: CLEVELAND CLINIC

DO THIS WEEK

☐ Set the thermostat inside 60 to 67 degrees F tonight
☐ Darken the room; consider blackout curtains
☐ Keep noise down or mask it with something steady

2. Move your last drink well away from bedtime
Alcohol is a sleep starter and a sleep breaker.

WHY THIS WORKS

Cleveland Clinic is blunt about the pattern: alcohol helps you fall asleep, but sleep afterward is very fragmented, and that fragmentation lands in the second half of the night, right where the 3am waking lives.

SOURCE: CLEVELAND CLINIC

DO THIS WEEK

☐ Finish any alcohol hours before bed, not with dinner at 9pm
☐ Notice on alcohol-free nights whether the 3am waking softens
☐ Do not use a nightcap to fix a waking it may be causing

3. Fix your wake time and use the 15-to-20-minute rule
Regularity is the strongest signal your body clock gets.

WHY THIS WORKS

Cleveland Clinic advises going to bed and waking at the same time every day, weekends included. And when you do wake at 3am: give yourself 15 to 20 minutes to doze back off; awake longer than that, get out of bed and do something quiet and boring in dim light until drowsy, so the bed stays a place for sleep rather than worry.

DO THIS WEEK

☐ Pick one wake time and hold it all seven days
☐ Awake past 15 to 20 minutes: move to a chair, dim light, boring activity
☐ Skip the phone; the screen works against you

SOURCE: CLEVELAND CLINIC

4. If two weeks of fixes are not enough, run a fair magnesium trial

Support, not a sedative. Food first.

WHY THIS WORKS

Mayo Clinic Press explains magnesium helps maintain the balance between excitatory and calming neurotransmitters, and NIH reports many U.S. diets provide less magnesium than recommended, with the richest sources being legumes, nuts, seeds, whole grains and leafy greens like spinach. Cleveland Clinic calls the sleep evidence thin but real for some people, and suggests taking it about 30 minutes before bed.

DO THIS WEEK

☐ Two weeks of magnesium-rich food first: greens, beans, nuts, seeds, whole grains
☐ If you supplement, take it about 30 to 60 minutes before bed and judge it over weeks, not days
☐ Kidney or liver disease, or interacting medications: talk to your doctor first

SOURCE: MAYO CLINIC PRESS · NIH ODS · CLEVELAND CLINIC

EVERY CLAIM ABOVE, TRACED TO ITS SOURCE

Cleveland Clinic, Why You Keep Waking Up at 3 a.m. · https://health.clevelandclinic.org/why-do-you-always-wake-up-at-3-a-m
Cleveland Clinic, What Is the Best Temperature for Sleep? · https://health.clevelandclinic.org/what-is-the-ideal-sleeping-temperature-for-my-bedroom
Cleveland Clinic, 8 Ways To Improve Your Sleep Hygiene · https://health.clevelandclinic.org/sleep-hygiene
Mayo Clinic Press, Magnesium for Sleep: Benefits and Guide · https://mcpress.mayoclinic.org/living-well/magnesium-for-sleep-what-you-need-to-know-about-its-benefits/
Cleveland Clinic, Does Magnesium Help You Sleep? · https://health.clevelandclinic.org/does-magnesium-help-you-sleep
NIH Office of Dietary Supplements, Magnesium Consumer Fact Sheet · https://ods.od.nih.gov/factsheets/Magnesium-Consumer/

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