MIDLIFE BODY CODE

FREE READER'S EDITION



THE 3 AM RETURN KIT

Three pages, one practice, and a gentler way back to sleep, starting tonight

A FREE GIFT FROM **THE SANDHYA HOUR**

For women in perimenopause, menopause & beyond

Educational wellness content · Not medical advice · support@midlifebodycode.com

START HERE

Tonight, try something different

Not another list of sleep rules. A small, real practice from our evening protocol.

Most of us were never taught how to *end* a day, or what to do when we wake in the dark and the mind switches on. This kit is a free taste of **The Sandhya Hour**, our 30-day evening protocol. *Sandhya* is the old Indian word for twilight, the "joining" of day and night, once kept as a time to slow down, breathe and sit quietly.

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Your Night Map

Find your pattern in 60 seconds.

PAGE 4

The Long Exhale

The 5-minute breath to start with.

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The 3 AM Return

A bedside card for night waking.

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What's inside the full guide

A look at all 19 pages.

Honest by design

Every practice is labelled by how strong the evidence really is: STRONG clinical guidelines or many good studies · PROMISING encouraging early research · TRADITIONAL centuries of yoga practice, less formal study.

Safety first. Educational content, not medical advice. Breathe gently and never force the breath; stop if you feel dizzy. If poor sleep has lasted 3+ months, or there's loud snoring, gasping or frequent night sweats, please talk to a doctor too.

SELF-REFLECTION · 60 SECONDS

Your Night Map

Tick what sounds like the last two weeks. Most women have one or two main patterns.

A · The Wired Evening

- [ ] Exhausted all day, alert at bedtime
- [ ] The mind replays or plans
- [ ] 30+ minutes to fall asleep

Start with: the Long Exhale (p.4)

B · The 3 AM Waker

- [ ] Falls asleep fine, wakes 2–4 AM
- [ ] Thoughts start racing once awake
- [ ] Checks the clock or phone

Start with: the 3 AM Return (p.5)

C · The Hot, Restless Night

- [ ] Wakes feeling hot or sweaty
- [ ] Covers off, then cold again
- [ ] Sleep feels light and broken

Start with: the Long Exhale + a doctor's chat

D · The Too-Early Riser

- [ ] Wakes at 4–5 AM and can't return
- [ ] Drowsy by early evening
- [ ] Bedtime has drifted earlier

Start with: steady wake time + daylight

My main pattern:

What I want most from my nights:

IN THE FULL SANDHYA HOUR

Each pattern links to its own set of practices, from light and food timing to five calming breaths and the Sandhya Shuffle bedtime mind game.

TONIGHT'S PRACTICE

The Long Exhale STRONG

The foundation of every evening practice we teach. Five minutes, seated or lying in bed.

IN · 4

through the nose

OUT · 6 to 8, slow and soft

like a long, unhurried sigh

1. Settle. Let the shoulders drop and the jaw soften. Notice the breath as it is for a few moments.
2. Breathe **in** through the nose for a count of **4**.
3. Breathe **out** slowly for **6 to 8**, longer than the in-breath. Never forced.
4. Continue for 3–5 minutes. If the mind wanders, simply come back to the exhale.

> *Teaching cue*
>
> Don't chase the count. If 8 feels like a strain, use 6. A strained exhale is a stressed exhale. The *ease* is what matters, not the number.

Research reviews link slow breathing with a longer exhale to a calmer nervous system and a slower heart rate (Zaccaro et al., *Frontiers in Human Neuroscience*, 2018).

4 MORE BREATHS IN THE FULL GUIDE

Cyclic Sighing (from a 2023 Stanford study), Nadi Shodhana, Bhramari humming breath and Soft Ujjayi, each with teaching cues, plus the trending Sandhya Shuffle to quiet a racing mind.

KEEP THIS PAGE BY YOUR BED

The 3 AM Return

Woken in the night? The goal isn't to force sleep. It's to return: to the breath, to the body, to rest.

1. **Don't check the clock.** Turn it away before you sleep. Counting hours switches the thinking mind fully on.
2. **Three slow sighs.** In through the nose, a small extra sip of air, then a long, slow breath out through the mouth. Three times.
3. **The Long Exhale.** In for 4, out for 6 to 8, with your attention resting on the body as it gets heavier.
4. **Still awake after ~20 minutes? Get up, gently.** Sit somewhere dim and warm, read something calm on paper, and return to bed when sleepy. This comes from CBT-I, the first-line approach recommended for chronic insomnia. STRONG
5. **Wake at your usual time.** A steady wake time is one of the strongest anchors the body clock has.

Instead of "Oh no, not again," try:
"My body is awake. My mind can still rest."

The full guide adds a humming breath and the Sandhya Shuffle to this practice. The optional audio add-on includes a guided, whisper-soft 3 AM track.

YOU'VE SEEN 3 PAGES OF 19

The full Sandhya Hour is waiting

The complete 30-day evening protocol for calmer nights and gentler 3 AMs.

THE FRAMEWORK 🔒

The Sandhya Ladder

Four "lowerings" for the last 90 minutes of the day: light, food, heat, mind.

BREATH LIBRARY 🔒

5 evening-safe breaths

Long Exhale, Cyclic Sighing, Nadi Shodhana, Bhramari, Soft Ujjayi, with teaching cues.

BEDTIME MIND GAME 🔒

The Sandhya Shuffle

The research-backed "cognitive shuffle", made calm and cozy, plus 3 in-bed stretches.

THE PLAN 🔒

30 days, one rung a week

Busy-night minimums, a sample evening and a full Sandhya Hour schedule.

PRINTABLES 🔒

Tracker & reflections

30-Night Tracker, weekly reflections, doctor-visit notes.

HONEST SCIENCE 🔒

14 real references

Evidence ratings on everything, plus myth checks on "adrenal fatigue".

OPTIONAL ADD-ON +$14

The Sandhya Evening Kitchen

7 dinners, an evening plate guide and a printable grocery list.

OPTIONAL ADD-ON AUDIO

Sandhya Audio Rituals

3 guided tracks, including a whisper-soft 3 AM Return.

The Sandhya Hour · $27

19-page PDF · instant download · printable

EMAIL US TO GET THE FULL GUIDE →

Write to **support@midlifebodycode.com** with the subject "Sandhya Hour"

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