

Stuck in 3AM Sleep Paralysis loop? Reset in 3 Minutes.

A zero-fluff, non-medical grounding protocol to ease post-episode panic and support a calmer return to sleep.

1. The 180-Second Reset Routine (Immediate Post-Episode)

- **0:00 – 0:45 | Vertical Posture Shift:** Do not stay lying flat. Sit on the edge of the bed immediately. Breaking the flat horizontal plane sends balance signals to your brainstem that quickly clear heavy sleep inertia.
 - **0:45 – 1:30 | Cool Sensory Reset:** Splash cool water on your wrists or take a slow sip of room-temperature water. This mild temperature shift gently settles racing adrenaline and lowers heart rate.
 - **1:30 – 3:00 | Side-Sleeping Setup:** Never lie flat on your back after an episode. Roll to your side with a pillow between your knees to keep airways open and prevent repeat cluster loops.
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2. Second-Sleep Breathing Techniques & Pure Nature Audio

- **4-7-8 Breathing Rhythm:** Inhale quietly through your nose for **4s** • Hold breath gently for **7s** • Exhale completely through mouth for **8s**. Repeat 4 full cycles to slow your pulse.
 - **Box Breathing (4x4):** Inhale for **4s** • Hold for **4s** • Exhale for **4s** • Hold empty for **4s**. Equalizes oxygen and stabilizes the autonomic nervous system.
 - **Diaphragmatic (Belly) Breathing:** Place a hand on your lower belly. Inhale deeply through your nose so only your belly expands. Slowly exhale through pursed lips to release residual chest tightness.
 - **Pure Nature Audio (Rain & Ocean):** Play continuous ambient rain or ocean waves to mask sudden nocturnal room noises, stop tinnitus hyper-focus, and anchor an uninterrupted second sleep.
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3. The Partner & Nightstand Support Script

- **Spot the Signs:** Rapid shallow breathing, slight eyelid fluttering, or muffled vocal groans often indicate an active episode in progress.
 - **What to Whisper (Calm, Soft Voice):** *“You are safe in bed. You are experiencing sleep paralysis. Your body is resting, and movement will return in a moment. I am right here with you.”*
 - **What NOT to Do:** Never violently shake, shout, or splash water on their face. Sudden disorientation spikes fear. Place a gentle, steady hand on their forearm or shoulder to offer reassurance.
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IMPORTANT NON-MEDICAL NOTICE: Sleep Paralysis Companion is an educational relaxation tool for comfort and grounding. It is NOT medical care, does not provide emergency services, does not diagnose, treat, or prevent sleep disorders, and is not a substitute for professional healthcare. If episodes persist or cause severe distress, please consult a qualified healthcare professional.