MAPLE MENOPAUSE COMPANION WORKSHEET

The 3 A.M. Sleep Clarity Worksheet

A calm way to notice patterns and choose one manageable change. You can skip any question.

Use what fits	Skip any prompt that is not useful or safe. These pages are for reflection, not scoring, diagnosis or proving that you are coping correctly.

Notice the night

CBT-I-informed observation

What tends to wake me: heat, worry, pain, noise, a bathroom trip, or something else? What happens next?

Separate the problem from the story

Cognitive appraisal

When I am awake at 3 a.m., what do I predict tomorrow will be like? Is there another, kinder possibility?

Protect the conditions

Practical problem-solving

Which small change to light, temperature, caffeine, screens, comfort or support is worth trying?

Build a gentler morning

Behavioural activation

What is one realistic thing that helps me function after a poor night?

Choose a next step

Optional experiment

What will I try for a few nights, and what would tell me it is not helping?

A note about care and safety

Education, not treatment

This worksheet is not a substitute for assessment or individualized CBT-I. Seek medical advice for persistent insomnia, breathing problems, severe mood symptoms or other concerning changes.

Related Maple Menopause article: https://maplemenopause.com/menopause-sleep-what-helps/

Adapted for education and reflection; not therapy, diagnosis or individualized medical advice.