

EasePause, self-reported log, October 10, 2026

Maria, 3 am wake-ups: the last 28 days

Logged since Jul 2, 2026: 88 nights.

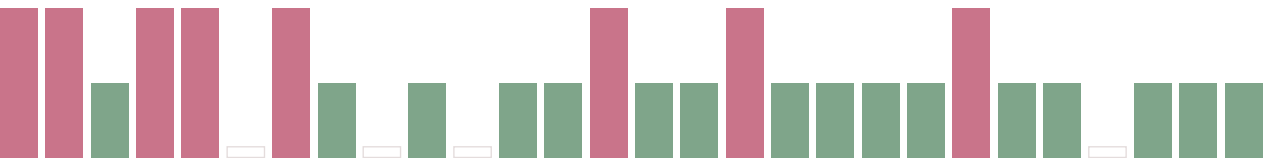
Answered each morning to one question: "Did 3 am come last night?" Self-reported, perimenopause, age band 50-54. Not a diagnosis.

In her words

What I take: Magnesium at night. (Demo entry.)

Periods: irregular

Week	Rough nights	Days logged
Sep 13 – Sep 19	5	6 of 7
Sep 20 – Sep 26	1	5 of 7
Sep 27 – Oct 3	1	7 of 7
Oct 4 – Oct 10	1	6 of 7



Tall rose bars are rough; short sage bars are good; outlines were not logged.

Sessions done	Minutes	Felt better after	Days logged	Days in a row
106	230	64%	24	1 (best 30)

3 am button, last 28 nights

Used the 3 am button 8 times in 28 days, on 8 nights.



One dot per night, oldest first; a bigger dot is more than one press. What woke her, in her taps: No reason 3, mind racing 3.

Pattern from the check-ins

Every other night. 8 rough nights in the last 24 logged. They come in runs of 3. On the second night, keep the wind-down going. Nights after a session were good 70% of the time, against 50% without one. Keep the session.

What she used: Back in the room; Low back press; Arm across; Toe spreads; Point and flex; Guided rest after being dismissed; Ankle circles; Knee hug. Tools are breathing, gentle mobility and short guided rest. EasePause is not medical advice and sits alongside whatever you prescribe.