

Wallet-sized | Sleep-hygiene informed | Printable

Revenge Bedtime Interrupt Card

A pocket-sized 5-step protocol to break the 11pm to 2am scroll spiral and actually go to bed.



By **GrabGuides**

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What revenge bedtime procrastination is

Revenge bedtime procrastination (RBP) is the deliberate delay of sleep to reclaim personal time after a day that felt like it all belonged to someone else. It is especially common in parents, shift workers, caregivers, and anyone in a high-demand job. You are not lazy. You are hungry for agency.

[NOTE] Why willpower does not fix it

RBP is an agency problem, not a discipline problem. Telling yourself to just go to bed ignores the unmet need you are trying to meet at midnight. The fix is to meet that need earlier, not to scold yourself at 1am.

Step 1: Name what you are trying to get (20 sec)

Finish this sentence: "If I go to bed right now, I will miss ____." Common answers: quiet, not-being-asked-for-anything, a show that is just mine, a scroll, nothing but also I am not ready. Write the real answer, not the respectable one.

Step 2: Meet the need in 15 minutes max

If you wrote	Do this for 15 min
Quiet	Sit in the dark. No phone. Tea.
Not being asked	Door closed. No phone. Journal 3 lines.
A show that is mine	One episode. Phone in another room.
A scroll	Set a timer. Scroll. Phone down at beep.
Not ready	Slow shower. Hot. Lights dim.

Step 3: Move the phone out of the bedroom

The phone is the delivery mechanism for 90 percent of RBP. If your phone charges in the hallway or kitchen, the behavior breaks on its own inside 2 weeks. Buy a \$12 alarm clock. Plug the charger somewhere you have to stand up to reach it.

Step 4: Install a hard stop signal

Pick ONE external signal that is not you. Examples: kitchen lights on a smart-plug timer that snap off at 10:30pm, a Hatch light that pulses amber at wind-down, a phone Focus mode that kills every app at 10pm. The signal decides. You do not have to re-decide every night.

Signal	Cost
Smart plug on bedside lamp	\$10
iOS Focus + Screen Time limits	\$0
Hatch Rest / Restore	\$60-\$130
Kitchen smart bulb on schedule	\$15
Partner or housemate call-out	\$0 and awkward but works

Step 5: Track for 7 nights, not forever

For one week, write your target bedtime and your actual bedtime. That is the whole tracker. Do not score yourself. After 7 nights, look at the gap. If it averages more than 90 minutes, Step 4 is not working: change the signal, do not blame yourself.

[NOTE] If meds or RSD are in the mix

ADHD brains often need stronger external scaffolding. If you have ADHD and RBP, pair this card with the Body Doubling Tracker (a friend on FaceTime while you wind down) and consider whether your stimulant is still active at bedtime.

When to escalate

Pattern	Next step
Under 6 hrs sleep 3+ nights/wk	Sleep Hygiene Reset (30-day protocol)
Wake 2-3am and cannot return	3am-wake playbook (in Reset product)
Racing thoughts at bedtime	Nervous System Regulation Workbook
Burnout + sleep collapse	Burnout Recovery 90-Day Plan

[NEXT] The full system

The Sleep Hygiene Reset (30-Day Protocol) has the full 4-week playbook: light anchoring, wind-down sequence, phone boundaries, and a 3am-wake script. 30-day printable calendar included.

Ready for the complete system?

This free guide is a starting point.

The paid guide gives you the complete step-by-step system.

Sleep Hygiene Reset 30-Day Protocol - \$17

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