The 3 am Wake-Up

Histamine is a wake signal. Lower it at night and reset the cortisol clock by day.

1. Eat dinner earlier and make it low-histamine, with real protein and some fat.
2. If you wake up hungry, shaky, or with a pounding heart, have a small protein and fat snack an hour before bed for two weeks and see if the wake-up moves.
3. No alcohol. Not "less." None, for a month, as a test.
4. Magnesium glycinate and apigenin at bedtime, glycine if you want more depth.
5. Take your B12 and B vitamins in the morning, never at night.
6. Cool, dark, dust-free bedroom. A HEPA filter and dust-mite-proof covers are histamine tools, not just allergy tools.
7. Morning light within an hour of waking, every day, because the 3 am wake-up is partly a clock problem.

What to track. A one-line nightly log: wake time, dinner, hot, hungry, itchy, racing. The pattern shows inside two weeks.

Full post, with the why, the labs, and the research version: **geneticsforthepeople.com/blog/the-3am-wake-up-histamine-cortisol-blood-sugar/**

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