

Night Alarm — From Drowsy to Go

Post this by your bed. Everything here exists so you don't have to think at 3am.

Two-person drill: one person calls each step, the other responds with the status. Alternate roles.

Solo: say each step aloud as you rehearse. On the real night, your body follows the pattern.

The First 5 Seconds

1. **SIREN?** — Do not process. Just move.
2. **SHOES?** — Same spot every night.
3. **GLASSES & PHONE?** — From nightstand.

☐ **AWAKE — MOVING**

☐ **ON FEET**

☐ **IN HAND**

The Next 10-20 Seconds

5. **CLOTHES?** — Pull on whatever is laid out. Speed over appearance.
6. **TORCH?** — From nightstand if power is out.
7. **PROTECTED SPACE?** — Move to shelter or front door.

☐ **ON**

☐ **IN HAND**

☐ **IN POSITION**

For Parents

8. **CHILDREN?** — One parent → child/children. Other → go bag.
9. **BABY?** — In babywear by door. Do not stop to dress them.

☐ **ROLES EXECUTING**

☐ **SECURED**

Do not think. Follow the procedure.
Do not check your phone. The siren means go.
It gets easier. After 2-3 nights, the routine becomes automatic.