
Five steps.

№ 1 STEP

Sleep on all one hundred.

Night 1 begins at the Full Stack. Every layer, from The Greeting to The Floor. It will feel tall. That is the point. You cannot subtract from what you have not tried.

Average Night 1 Neck Score: 41.

№ 2 STEP

Wake, and listen.

Before you sit up, notice your neck. Is the pressure at the top, near the skull, or lower, near the shoulders? Is it there at all? Write it down. The Journal has a box for this, and a smaller box for your mood, which we do not analyse.

Record within 5 minutes of waking. After 5 minutes, the neck begins to make excuses.

№ 3 STEP

Remove what you don't need.

Using the Tweezers of Reflection, remove layers from the bottom of the stack upward. Early on, remove several. As your Neck Score climbs, remove fewer. Place each removed layer in its numbered slot in the Layer Caddy. Never discard a layer. You may want it back.

Most sleepers remove 8 to 12 layers on the first morning and 1 on the last.

№ 4 STEP

Repeat until it's quiet.

Each night, sleep. Each morning, listen, record and adjust. When you wake with no discomfort at the same layer count for three consecutive nights, you have met the Triple Quiet Rule.

Three nights. Not two. Two is a coincidence.

№ 5 STEP

Receive your Number.

Submit your Journal through your account or by post. A Number Integrity specialist reviews it, confirms the Triple Quiet, and registers your Number. Your Number Card is engraved and sent within ten days. Your Number is yours forever. It goes on the card. It goes on the mug.

Your Number is a journey. Layers can go back in. Layers can come out.

Printable Sleep Journal.

STRATA Sleep Journal · Name _____ · Started on Night 1 at 100 layers

Date	Night	Layers tonight	Times woke	Pressure (top / middle / low / none)	Neck Score (0–100)	Layers removed this morning	Notes
	1						
	2						
	3						
	4						
	5						
	6						
	7						
	8						
	9						
	10						
	11						
	12						
	13						
	14						

Three quiet nights at one count is a Number. Write it here: № _____