The 2 a.m. Crib Sheet

ChatGPT, Claude, Gemini, Grok, Duck.ai

Type this into your chatbot

I'm a caregiver and I'm exhausted. Explain this letter in plain English and tell me if I have to do anything, and by when: [paste]

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Prep me for an appointment with [who] about [what]. Give me a 60-second summary to read aloud and the 5 questions that matter most.

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Draft a short, firm, polite letter to [who] asking for [what]. Request in the first two sentences. Under 300 words.

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Help me build a fridge schedule for [initials, age, condition]. Here's everything that has to happen each day: [list]. Flag anything crowded.

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I need to talk to [who] about [topic]. Give me an opening line, three things to say if it goes sideways, and a way to end it without a decision.

Type this into your chatbot

Here are my notes from the last two weeks: [paste]. What patterns do you see? Don't diagnose, just tell me what to ask the doctor.

Initials, not names.

It can be confidently wrong.

It's a helper, not a clinician.

This site is not an emergency service. If someone is in immediate danger, call 911 — or call or text 988 in the US for crisis support.

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