

Creating Your Own Power Down Tea Ritual

Brew Your Tea 30 Minutes Before Bed

- Brew 1 to 2 cups of your favorite Power Down tea blend and enjoy it 30 minutes before you plan to sleep. This helps your body unwind and signals that it's time for rest.

Create a Calm Environment

- Dim the lights, put away your phone, and settle into a quiet activity like reading or journaling to create a peaceful ambiance.

Savor the Aroma and Warmth

- Inhale the calming aromas as you sip, allowing the warmth of the tea to relax your body and ease your mind before sleep.

Keep a Cup by Your Bed

- For those nights you wake up too early or need a little extra comfort, keep a cup of sleepy tea at your bedside table.
- Sip and Drift Back to Sleep
- An aromatic sip can help you ease back into a restful slumber, promoting a peaceful return to sleep without stress or disruption.

Caroline's Favorite Sleep Quotes

"Sleep is the best meditation." – Dalai Lama

"A good laugh and a long sleep are the best cures in the doctor's book." – Irish Proverb

"Sleep is the most beautiful experience in life, next to love." – Haruki Murakami

"To sleep, perchance to dream..." – William Shakespeare, Hamlet

"Your future depends on your dreams, so go to sleep." – Mesut Barazany



A good night's sleep is an essential part of a healthy lifestyle. It not only rejuvenates the body but also enhances your cognitive function, emotional well-being, and overall quality of life.