

## *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.*