

Lazy Nighttime Routine Checklist

Simple Herbal Sleep Support for the Whole Family

Step 1: Choose One Herb to Focus On

Pick one calming herb you'll actually use: Lemon Balm, Chamomile, Lavender, or Passionflower

Step 2: Layer It Into Something You Already Do

Add your herb into your current routine: after brushing teeth, during dishes, or after storytime.

Step 3: Wind Down With Warmth

Use a warm element: tea, foot soak, or hot water bottle with herbal sachet.

Included Recipes in Your Kit

- Bedtime Spray - Lavender & Chamomile blend
- Lemon Balm + Elderberry Glycerite - Calm + immune support
- Sleepytime Tea - Kid-friendly Herbal wind-down

Notes
