

## Evening Self-Care Rituals to Help You Unwind

Unwinding after a full day is a challenge for many, but because experts recommend getting at least 7 hours of restful sleep each night, it is something that needs to be prioritized.

Here are some evening self-care rituals to help you unwind:

**Use essential oils.** Aromatherapy has been shown to have a positive impact on mood. Certain essential oils<sup>5</sup>, like lavender, jasmine, chamomile, and valerian have been shown to have a sedative effect.

**Adjust lighting.** Lighting is heavily involved with your circadian rhythm and can have a direct impact on your sleep. For this reason, dimming the lights in the evening may help you relax and unwind.

**Avoid caffeine.** If you struggle with falling asleep, try reducing your caffeine consumption during the day. Limit your intake to the morning hours and see how it affects your sleep patterns.

**Set a bedtime alarm.** Use your alarm as a reminder to begin easing into a more restful state. You can set your alarm for tasks such as turning off the TV, tucking in your digital devices for the evening, or reading a book.

**Upgrade your bedding.** Assess the condition of your mattress and pillow. If neither have been replaced for an extended period of time, you may want to consider upgrading them.



**Adjust the temperature.** It has been suggested that the ideal temperature for sleep is 65 degrees Fahrenheit. Of course, this is highly variable from person to person, and it may require some experimenting to find the temperature that is right for you.<sup>6</sup>

**Seek expert guidance.** If you have tried a number of different self-care strategies and you still struggle to get good sleep, seek guidance from your healthcare team to explore other treatment options.

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*Creating evening self-care rituals  
can help you stay aligned with your  
natural circadian rhythms, so you  
can get better sleep.*

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5. <https://doi.org/10.1089/acm.2013.0311>

6. <https://www.sleepfoundation.org/bedroom-environment/best-temperature-for-sleep>