

# Evening Wind-Down Rituals for Deep Rest

Your fertility depends on rhythm — and rest is where your body does its deepest healing. Try these gentle rituals to signal to your nervous system: it's rest time.

## Dim the Lights \_\_\_\_\_

**1 hour before bed.** Try warm lamps, candles, or a salt lamp instead of overhead lighting. Soft lighting tells your brain melatonin is needed.

## Screen-Free Time \_\_\_\_\_

**30 mins before bed.** Replace scrolling with a short stretch, reading, or chatting with your partner. Blue light = “daytime” signal.

## Magnesium Ritual \_\_\_\_\_

A magnesium bath, spray, or powder can help relax muscles and calm the nervous system. It's a small act of support for your body's repair work overnight

## Mental Unload \_\_\_\_\_

Write down tomorrow's to-dos before bed so your mind doesn't carry them into sleep. Try the prompt: “What can wait until tomorrow?”

## Breath Cue For Sleep \_\_\_\_\_

When you lie down, take five slow breaths — in for 4 counts, out for 6. Long exhales help your body drop into parasympathetic (rest-and-digest) mode.