

# Sleep Support Tools

Gentle tools to help restore your sleep rhythm naturally.

## Weighted Blanket

The gentle pressure mimics a calming hug, reducing cortisol and boosting melatonin for better sleep.

[Explore this tool](#)

## Lavender Pillow Spray

Lavender oil promotes relaxation and has been shown to help reduce anxiety and improve sleep quality.

[Explore this tool](#)

## White Noise Machine

Blocks distracting noise with consistent sound, helping you stay asleep longer and wake less during the night.

[Explore this tool](#)

## Blue Light Blocking Glasses

Wearing them in the evening helps reduce blue light exposure from screens, supporting natural melatonin production.

[Explore this tool](#)

## Magnesium Supplements

Magnesium calms your nervous system and may help reduce nighttime restlessness and improve sleep depth.

[Explore this tool](#)

## Herbal Sleep Tea

Blends like chamomile or valerian root encourage relaxation and reduce stress before bedtime.

[Explore this tool](#)

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## Silk Sleep Mask

Blocks light to support melatonin production, especially helpful for light-sensitive sleepers.

[Explore this tool](#)

## Bedtime Yoga Routine

Gentle stretches help release physical tension and quiet the mind before bed.

[Watch the YouTube video](#)