

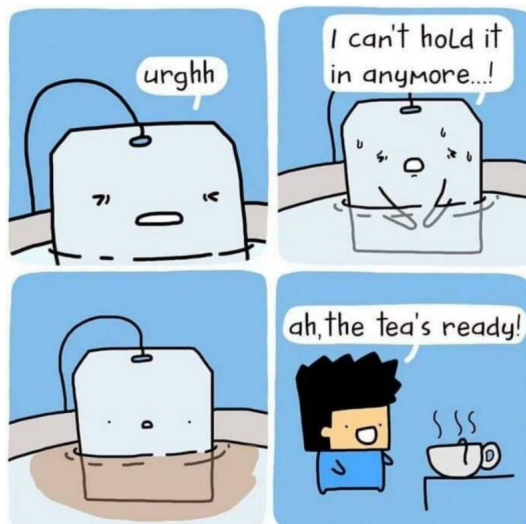
My Tea & Sleepytime Journal

A cozy record of sips, calm, and dreamy moments

Print and write by hand

Decorated with teacup doodles and soft borders

A4 | Vintage scrapbook style



My Tea & Sleepytime Journal

Tea Log Pages

Each entry includes space for you to handwrite:

- Name of Tea:
- Type: (Herbal, Green, Black, etc.)
- Taste Description:
- Effects/Benefits:
- Rating: (1 to 5 stars)
- Notes: (Preparation method, additions like honey or milk, mood before/after, etc.)

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Tea Glossary (Alphabetical List)

Chamomile: Calming, helps with sleep and relaxation.

Ginger: Aids digestion, warming. (This would burn my tongue and wake me tf up, but it's helped other old people so.)

Green Tea: Energizing, antioxidant-rich, improves brain function.

Hibiscus: Tart, rich in antioxidants, good for blood pressure. Sounds like it tastes like poisonous dirt.

Jasmine Tea: Aromatic, stress relief, antioxidant properties.

Lavender Tea: Floral, calming, good for anxiety and sleep. Sounds like it tastes herbal or bland, but I love lavender scents.

Lemon Balm: Calming, helps with sleep and digestion. I hate warm lemon though.

Licorice Root: Sweet, soothing for throat, helps with digestion.

Matcha: Strong, grassy, high in antioxidants and caffeine. Emphasis on grassy.

Nettle: Earthy, anti-inflammatory, rich in minerals. Emphasis on earthy.

Oolong: Smooth, good for metabolism and mental alertness. I love how the word Oolong sounds.

Peppermint: Cool, refreshing, aids digestion and soothes headaches. There's no way in hell peppermint helps with sleep.

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Rooibos: Earthy, caffeine-free, high in antioxidants, good for skin. Also-the fricking best.

Rosehip: Fruity, immune support, vitamin C-rich.

Sage: Herbal, memory support, anti-inflammatory.

Spearmint: Milder than peppermint, supports hormone balance.

Turmeric Tea: Spicy, anti-inflammatory, immune boosting. Not a fan of the taste of turmeric myself.

Valerian Root: Bitter, strong natural sedative, promotes sleep. Only masochists would have this.

White Tea: Light, delicate, high antioxidants, low caffeine.

Yerba Mate: Energizing, high caffeine, improves focus and metabolism.

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Sleepytime Support Table

Ingredient	- Benefit
Banana	- Magnesium + potassium relax muscles
Cocoa	- Serotonin booster + magnesium
Almond Milk/Butter-	Healthy fats + tryptophan
Cinnamon	- Stabilizes blood sugar + calming aroma
Ginger	- Aids digestion + warmth (may be too strong for some!)
Oats	- Contains melatonin + complex carbs
Honey	- Helps carry tryptophan into the brain

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Angel Milk Recipes

Classic Angel Milk:

- 1 cup warm milk (or almond milk)
- 1 tsp honey
- 1/4 tsp cinnamon
- (Optional) A drop of vanilla

Benefits: Relaxing, warming, helps with sleep via tryptophan, honey, and cinnamon.

Chocolate Angel Milk:

- 1 cup warm milk (or almond milk)
- 1 tsp honey
- 1 tsp cocoa powder
- (Optional) Pinch of cinnamon

Benefits: Boosts serotonin, rich in magnesium, calming and cozy.



GOOD LUCK AND LOTS
OF LOVE FROM THE
BUNNIES!