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The Best Bedtime Routine To Help You Relax, Based On Your Zodiac Sign



We're all living busy lives, and it's easy to fall into the "team no sleep" trap, but sleep is crucial if we want to feel like our best selves. [Developing a healthy bedtime routine](#) is key — and while working on your laptop and scrolling on your phone until you can't keep your eyes open may be your current routine, it's not necessarily a healthy one. Turns out, the stars hold some answers, as there are different styles of [bedtime routines for each zodiac sign](#) that align with your astrological qualities.

First, look at the [element of your zodiac sign](#) for clues on what might be helpful. "When I hear the word routine, I immediately think to all the Earth signs — but they are not the only ones who can benefit from a solid nighttime routine," says [astrologer Nura Rachelle](#) of [Moon Mystic](#). "Sleep routines are crucial for the water signs to support their emotional integration. For the air signs, it's about mental stillness and rest. And for the fire signs, bedtime routines should help rejuvenate their creativity and ideas."

If you've mapped out your [birth chart](#) and know what signs each of your [astrological houses and planets](#) are in, you can make your bedtime routine more personalized, too. "The sign on your 12th house cusp and any planets there can help you identify what kind of sleep routine would be best for you at night. You can look at where you have [Mars in your chart](#) to connect with your energy-level needs and what your sleep levels need to be," Rachelle says. "And then look at the [rising sign](#) for how to spend the morning!"

By leaning into your astrological qualities, you might be able to find a routine that sticks — here are some suggestions for [bedtime routines for each zodiac sign](#) that you can give a try.

Cancer: Relaxing Tea Ritual



Tina Gong/Bustle

You love to feel nurtured and to nurture others, Cancer, so bring the power of herbal medicine to your bedtime routine by boiling a nightly pot of tea. Chamomile, peppermint, or [The Republic of Tea's Honeybush Vanilla Turmeric](#) — which is caffeine-free and has probiotics to settle your stomach before sleep — will not only bring you the soothing benefits of the tea's herbs, but will also become a calm-inducing nightly ritual that warms you up and slows you down before you snuggle in for the night.

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