

A FREE GUIDE FROM ORIAH HERA MIRZA

THE DIGITAL SUNSET FAMILY RITUAL

A gentler transition from stimulation to connection

ORIAH'S NEST x CHAKRA COZY

Create a landing, not a punishment

Disconnection works best when the replacement feels good.

A digital sunset is a repeated time when screens stop leading the atmosphere of the home. The point is not control. The point is to help everyone move from high input toward rest, conversation, imagination, and sleep.

Begin small

Choose two or three evenings a week. Start 30 minutes before bed for younger children or 60 minutes before bed for teens and adults. Adjust to your family, work, and care needs.

Say: We are giving our brains and bodies a softer ending to the day.

Choose a home for devices

Use a basket, tray, drawer, or charging station outside the bedroom when possible. Adults participate too.

The three-part evening rhythm

1. **CLOSE** Set devices down, lower the lights, and finish urgent messages. Name what can wait until tomorrow.
2. **SHIFT** Change the sensory environment: softer clothes, warm drink, music, shower, stretching, or a few minutes outside.
3. **CONNECT** Offer low-pressure options: cards, reading, drawing, simple conversation, a puzzle, or quiet time together.

For the young athlete or over-achiever

After practice or competition, avoid moving immediately from adrenaline into gaming, homework pressure, or social media. Offer food, water, warmth, and ten quiet minutes before asking for conversation.

The ritual succeeds when people feel more supported, not more monitored.

Make it sustainable

Expect resistance

New boundaries can feel strange. Keep the tone calm and collaborative. Ask what would make the screen-free window more comforting or fair.

Protect exceptions

Caregiving, safety, work, accessibility, and long-distance relationships may require devices. The ritual should serve your family, not become another source of shame.

A weekly check-in

ASK What helped us settle this week?

NOTICE When did the house feel most connected?

ADJUST What one change would make next week easier?

Connection is not created by removing a screen alone. It is created by the welcome that comes after.

This guide supports general well-being and is not a substitute for medical or mental health care.