
NIGHT Times



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MAGAZINE

KEN ARAI
NIGHT TIMES

Redefining
Night
moment

with comfort
and relax

On Owning
Your Own
Time

More than
Just Trends



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3 BEST TO LISTEN MUSIC DURING NIGHT

Help you enjoy the night also if you
are tired

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Sleeping is important ,just don't go too
late to sleep

4 NIGHT ACTIVITY

No boaring, yes to relax with your
own way

5 HOW TO DRESS FOR COMFORT

For night times confort needed

BEST Music choice FOR YOU

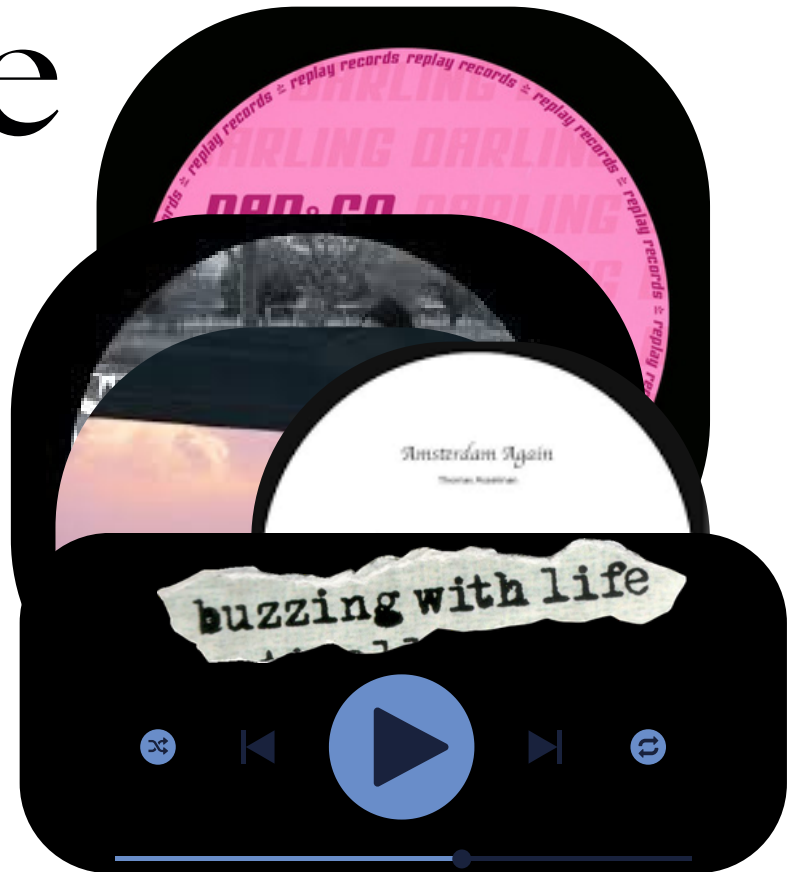
By ken arai

Music on spotify

Night vibes songs :

- Revise by Thomas Asselman
- worldwide by Zara Muzzic
- Cuttin' by DELACOUR
- Gloria by Dawson
- better yere by House nation
- About you by Delacour

**OUR BEST NIGHT VIBES MUSIC
MINI PLAYLIST , YOU CAN FIND
ALL ON SPOTIFY**



Night activity

- AROMATIC WARM SHOWER – LAVENDER OR EUCALYPTUS ESSENTIAL OILS, LOW LIGHT, A WARM TOWEL WAITING FOR YOU. FACE SELF-MASSAGE – 5 MINUTES WITH A LIGHT OIL, SLOW MOVEMENTS, ALMOST MEDITATIVE. GENTLE STRETCHING – SHORT, FLUID SEQUENCES THAT LOOSEN THE BACK AND OPEN THE BREATH.
- LEAF THROUGH AN ART OR PHOTOGRAPHY BOOK – LET YOURSELF BE INSPIRED BY TEXTURES, COLORS, COMPOSITIONS. WRITE A FEW LINES – A MICRO SENSORY DIARY: WHAT YOU SAW, TOUCHED, OR HEARD TODAY. EVENING MOODBOARD – 5 IMAGES THAT CAPTURE YOUR CURRENT STATE OF MIND (PERFECT FOR YOUR EDITORIAL WORK).



COMFORT FOR RELAX

Fit perfect to enjoy your free time during night in perfect comfort

By Ken arai

Photography by Sheetal Dutt

Some evenings I'm not looking for anything special. No productivity, no performance, no "I should be doing more." Just a fit that makes me feel at home, even inside myself. It's a ritual I've built slowly, the way students build their balance between studying, living, and that quiet need to disconnect that arrives right on time every night. My evening fit always begins with a simple gesture: I take off the clothes I wore all day – the ones that carry the noise, the rush, the small tensions I didn't even notice collecting on my shoulders. And then I slip into something soft and forgiving: an oversized cotton t-shirt, loose lounge pants, and thick socks that feel like a warm exhale. It's not fashion; it's emotional survival. It's my way of telling my body, "You can soften now."

I make myself a cup of tea, not so much for the taste but for the gesture. Holding a warm mug reminds me that I can still warm up, even after cold days. It's a small hug that asks for nothing in return. The evening fit is exactly this: a return to yourself. It's not an outfit, not a perfect routine, not a ritual meant to impress anyone. It's a way of inhabiting your own body and mind after lending them to the world for too many hours. It's comfort you don't buy – you build it. Slowly. Gently. Like growing up.



SLEEP IS IMPORTANT
DON'T FORGET IT



image by pixabay

Humans do not have power to start a new day without sleep

it seem like you can continue with a new day without sleep , Unfortunately we have not the power to start a new day without sleeping , during sleep your brain repairs itself and it makes ready to start a new day , It isn't the time you sleep important but the quality of the sleep , take a shower before going to sleep , put on your face a hydration mask , do a bit of stretching and drink a small quantity of water , you will sleep like a bear

Quality of sleep
sleep is important
start a new day with full capacity