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Essential Oils and Sleep

Introduction

The Perfect Night of Sleep

Imagine it's time for bed. The sun has gone down. The kids are in bed. All the day's work is finished. Phone calls and emails have stopped. It's time for sleep.

Wearing your favorite pajamas, you slide into a bed of fresh linens and lay your head on a cloud-soft pillow. You feel your breathing slow down as your eyes grow heavy. Closing them, it only takes a few moments before you drift off into a peaceful sleep. All the cares of your day melt away, and your mind and body rest in a state of tranquility for the whole night.

What we just described is the perfect night of sleep.

Unfortunately, this kind and level of optimal sleep can feel nearly impossible in our modern world.

For some people, interruptions like a crying newborn or a toddler who refuses to go to bed can make it difficult to sleep through the night. For others, a demanding work schedule and constant notifications can pose a major obstacle. Not to mention, hours of content to scroll through on social media and hundreds of binge-worthy TV shows can take the place of sleeping for those who find themselves distracted by readily available technology. Even small things we might not think about, like drinking caffeine during the day or using the incorrect mattress or pillow, can contribute to poor sleeping at night.



So what's the solution?

Do we give in to these distractions and outside forces that keep us from getting the kind of sleep that we want—that we *need*? For those struggling to get quality, consistent sleep, there's hope. Every night in hundreds of thousands of homes throughout the world, people use the potent and powerful nature of essential oils to create a restful environment. Even better, the aroma of these oils can be combined with other healthy practices before bedtime.

In this book, we'll address important topics to help you answer your biggest questions about sleep and essential

oils. Questions like, "Could some of my daily habits be keeping me from better sleep?" Or, "Why do so many people use essential oils at bedtime?" Or, "How can I use essential oils to create a more restful environment for myself and my family?"

If these questions or similar ones have ever crossed your mind (maybe they've even kept you up at night when you wish you were sleeping), this book will help answer them. By the end of this book, you'll be empowered to take charge of your bedtime routine with the help of essential oils.



Keep reading to find solutions to one of the most elusive yet essential parts of health: a good night of sleep.

Chapter one

The Importance of Sleep

When you wake up in the morning, how do you feel? Do you feel well rested? Or do you feel as if you've been tossing and turning all night? Do you feel strong and invigorated, ready to start your day, or weighed down by poor sleep from the night before?

Whether you're an early bird or a night owl, good sleep is one of the most essential elements of a healthy life.

Though it's one of the most crucial elements to good health, sleep is unfortunately one of the most undervalued parts of modern schedules. Living in a busy world, we often sacrifice sleep for other pursuits like work, family responsibilities, and even technological distractions.

Yes, exercising, eating right, and finding healthy ways to deal with emotions and stress are all important parts of the day, but allowing your mind and body to rest and recuperate at night is equally important. While some may think the only consequences of poor sleep are feeling groggy or sluggish the next day, sleep deprivation has actually been linked to several health challenges that can impact the body.



What Do Our Brains and Bodies Do While We're Asleep?



Sleeping is much more than just passing time or getting rid of the bags under our eyes. When we sleep, our brains and bodies go through important processes necessary for growth, learning and memory, and recuperation of bodily systems. Some of us think, *It'd be nice to get more sleep*; however, quality sleep should be viewed not as a luxury, but rather as a necessity—as important for survival as food and water.

Our brains process information, stimuli, and memories from throughout the day as we sleep. As the brain sorts through important details and memories, it clears out waste and excess information in order to refresh the mind and start fresh in the morning. You can think of these processes as small but necessary housekeeping items that the brain must complete to keep the rest of the house (the brain) functioning properly. If we miss out on sleep, we aren't giving the brain ample time to refresh or clear away waste, ultimately making it more difficult to function properly the next day.

Just as your mind processes information while you sleep, giving your body a break will help major systems function as they should. Relaxed, deep sleep allows the body to rest, rejuvenating cells as our muscles relax and we take slow, deep breaths. When we cut these processes short, the body doesn't have time to properly recuperate, causing problems in the long run.

Sleep isn't as simple as putting your head to the pillow. It's a complex and dynamic process. During the night, we should experience several levels of sleep that help the brain and body rest and recover.

The sleep process includes three stages of non-rapid eye movement (or NREM) sleep and one stage of rapid eye movement (or REM) sleep. Let's talk about what happens during each of the four sleep stages.

Stage 1

Stage one of NREM sleep is the transition from wakefulness to light sleep, where your brain activity begins slowing down. Over a period of several minutes, your breathing and heart rate slow, muscles relax with occasional twitches, and your eye movements decrease. During this short period, you have moments of dreaminess as you begin to fall asleep. During this stage, you might experience vivid sensations, like the feeling you're falling or sudden muscular contractions.



Stage 2

The second stage of NREM sleep lasts about 20 minutes. During this stage, we tend to experience low-frequency brain waves, briefly interrupted by bursts of high-frequency brainwaves. Eye movements stop, body temperature drops, and we fall into a period of light sleep.



Stage 3

Stage three of NREM sleep—also called slow-wave sleep—is an episode of deep sleep characterized by even slower brainwaves than in stages one and two. This stage is crucial for you to feel revitalized in the morning. Heart rate and breathing slow dramatically, blood pressure drops, muscles are incredibly relaxed, and waking up is more difficult. This stage lasts about 20 to 45 minutes.



REM

Occurring approximately 90 minutes after falling asleep, REM sleep is marked by intense brain activity and characterized by rapid eye movements, faster breathing, and heart rate and blood pressure similar to waking levels. Most dreaming occurs during this stage, but voluntary muscles like your arms and legs are relaxed. REM sleep is believed to play a role in memory consolidation, learning, and mood regulation. The first time you cycle through the four sleep stages, REM sleep lasts about 10 minutes. However, it gets progressively longer as you repeat the sleep cycle during the night, so the final REM sleep may last an hour.



What Are the Long-Term Consequences of Poor Sleep?

Experts suggest adults get at least seven to eight hours of sleep per night. While the amount of sleep required may vary slightly from person to person, there's no escaping it—we all need rest. Unfortunately, many adults don't get the proper amount of sleep they need to maintain a healthy brain and body. About 33% of Americans aren't getting the recommended amount of sleep per night, and approximately one in five adults in the United States experiences occasional sleeplessness or difficulty sleeping.

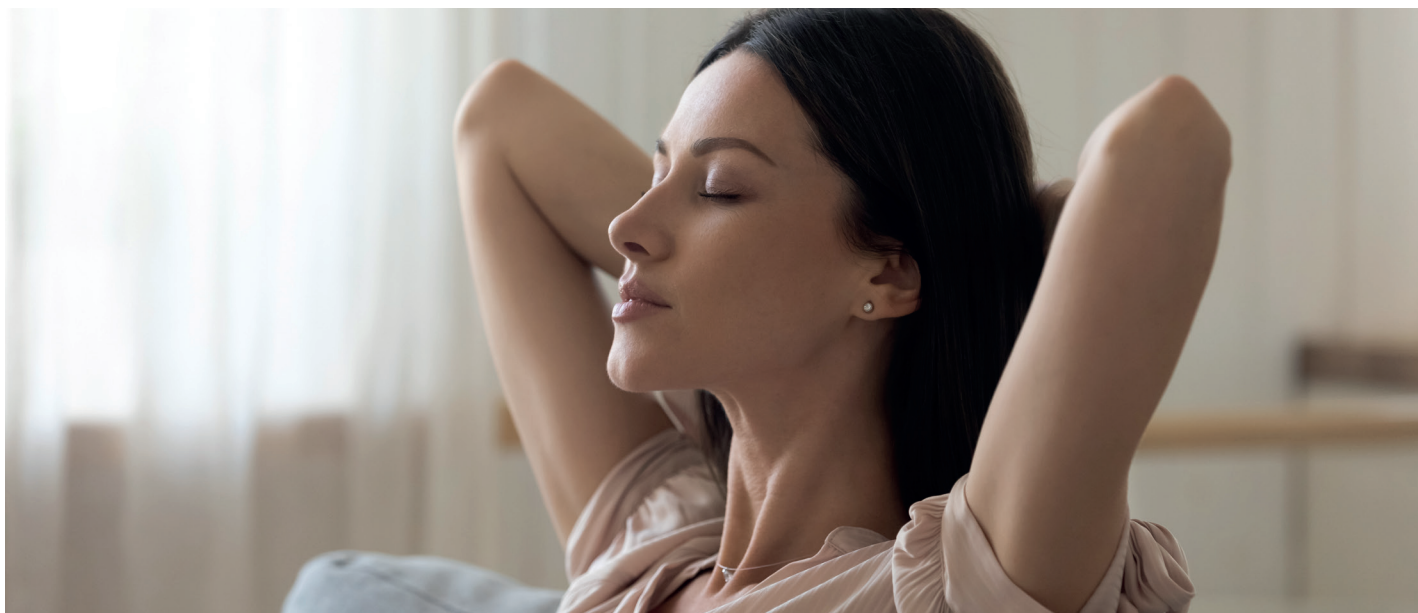
As mentioned before, challenges like little ones waking up throughout the night, work interruptions, and the distraction from technology can keep you from sleeping well. Chances are, many of us know *why* we aren't sleeping well, but we don't consider what's happening to the body when we repeatedly miss out on quality sleep. Your body needs sleep to recuperate and perform optimally the next day. More specifically, sleep helps with important functions like mending our blood vessels, supporting the immune system, and balancing hormones.

Because regular quality sleep is vital to the body's restorative processes, missing out on proper rest can pose health risks. For example, inadequate sleep can impact your ability to lose weight or maintain a healthy weight. Depriving the body of sleep can negatively impact nearly any organ system, which can also seriously affect your overall health.

When it comes to the brain, dozens of side effects occur from a lack of sleep, such as making it difficult to focus or negatively impacting mood. Studies have also shown that not getting sufficient sleep can put young children and teens at a greater risk for poor moods, impulsivity, and anger—not to mention growth problems and lower grades in school.¹

Loss of sleep can also influence emotions, behavior, and decision-making abilities, which can have negative effects on daily life. For both adults and children, not getting enough rest can influence learning ability and motivation, making it far more difficult to complete tasks or learn properly.

Some believe the impact of poor sleep is minimal, but it's worth considering that a lack of sleep influences reaction time, which can seriously affect your ability to drive safely. Thousands of accidents are caused by drowsy drivers every year, making quality sleep an important element of your health.²



¹The importance of sleep. *NIH Medline Plus*. 2012;7:17. <https://medlineplus.gov/magazine/issues/summer12/articles/summer12pg17.html>. Accessed April 27, 2020.

²Why is sleep important? *NHL National Heart, Lung, and Blood Institute*, <https://www.nhlbi.nih.gov/health/health-topics/topics/sdd/why>. Published February 22, 2012. Accessed April 27, 2020.

Good Sleep Habits Can Improve Quality of Life and Overall Health

Just as not getting enough sleep can lead to health challenges and other negative impacts on both body and brain, getting *good* sleep helps the body recoup and prepare for another day. With proper sleep, you'll have the mental alertness and better control over your emotions needed to tackle the challenges of each day. Rather than jeopardizing the body's systems, you can help rejuvenate your body and promote overall wellness with quality, consistent sleep.

Did you know that getting quality sleep on a regular basis can provide benefits like healthy blood pressure levels, a healthy immune system, and even help us live longer? As you can imagine, better sleep also leads to and better mental health and cognitive performance.



You Might Need Extra Help

For many people, better sleep isn't simply a matter of going to bed earlier or rearranging a schedule. Many adults have the best of intentions, but their plans are thwarted when they can't get the brain or body to settle down at night. If you've tried your best to improve your sleeping habits but can't seem to get better sleep, then you might try a few of these suggestions.

1 Create the optimal sleeping environment.

If you aren't sleeping well, focus on the elements you *can* control. You can do a lot to create an ideal environment—something that goes a long way when you're trying to get better sleep. When preparing for bed, do your best to make sure your room is dark, not too hot or cold, and quiet.

2 Avoid stimulants.

If you aren't sleeping well at night, chances are something from the day is keeping you awake. While a jolt from coffee, energy drinks, or other stimulants can make it easier to stay awake during the day, they are known to interfere with sleep at night. Do your best to avoid stimulants like alcohol, nicotine, and caffeine during the day so you get sufficient sleep at night.

3 Make sure you have adequate bedding.

Those who struggle to sleep at night or don't feel well rested in the morning may be using the wrong mattress or pillow. If it's been a while since you bought a new pillow, mattress, or comforter, consider doing some research on the best bedding for your sleeping needs. You may find that a new pillow or updated mattress does wonders for your bedtime routine.

4 Exercise regularly.

Getting regular exercise during the day can help you sleep better at night. Just remember, you don't want to exercise too close to bedtime, as that can lead to difficulties settling down when it's time for sleep.

5 Remove distractions.

If you find yourself up all night scrolling on your phone while you wait to feel sleepy, remove the temptation of technology from your bedroom. It's also a good idea to avoid screens in general leading up to bedtime, as the blue light emitted from many devices can contribute to poor sleep. Consider turning off all screens an hour or two before bed, and instead try more relaxing activities like reading, meditation, or journaling.

6 Relax the body.

You can incorporate a few practices into your bedtime routine to try and relax your body. For example, consider taking a warm bath or having a cup of nonstimulating tea like chamomile before preparing for bed.

7 Reset your internal clock.

Going to bed and waking up at the same time every night and morning can help reset your internal clock, which will allow you to fall asleep when you want and have an easier time waking up in the morning. Following this schedule, even on weekends, can help you achieve the improved rest you're hoping for.

Essential Oils Can Help

In addition to the methods we've just discussed, dozens of solutions and products exist that claim to help create the ideal environment for bed. However, each person has different needs when it comes to a nighttime routine, and what works for one person might not work for another.

So if bedtime routines, preferences, and needs are different for everyone, why is it that hundreds of thousands of people use essential oils in their homes every night when getting ready for bed? Because so many different types of essential oils, blends, and products are available, you can customize the way you use essential oils at bedtime. You can find the oils you like best and incorporate them into your nightly routine to create *your* optimal atmosphere for sleep.

Whether you prefer an extra-firm pillow, require complete darkness, like to listen to white noise, or need to be wrapped in your favorite blanket, you can use essential oils during your bedtime routine to help create that optimal sleeping environment.



Next, we'll talk about *how* essential oils can contribute to a more restful environment by taking a closer look at the science behind them.



Chapter two

The Science behind Essential Oils, Aroma, and Atmosphere

Your sense of smell is powerful. It can help you recall memories, warn you of potential hazards, and even change the way you taste food! Because our sense of smell is so powerful, it can significantly influence how we feel at any given moment.

You might, for example, be someone who feels at peace when standing on the beach and inhaling the salty aroma of the ocean—or when visiting the mountains and breathing in the scent of pine trees. You've probably endured the unpleasant experience of walking by the kitchen garbage can, getting a whiff that makes you feel a little queasy. You might even feel nostalgic when certain aromas remind you of past experiences. Freshly sharpened pencils might remind you of your first day of kindergarten, or the smell of coconut may take you back to a vacation in Hawaii. We make positive associations with aromas we find to be pleasant or memorable, while other aromas can be repulsive or bring back unpleasant memories.

For many thousands of years, essential oils have been revered for their powerful aromas.

People of ancient civilizations burned incense and used plant extracts to harness the power of aroma for religious and cultural ceremonies. In more recent times, essential oils have been added to cosmetic and personal care products like perfumes, soaps, and lotions to improve their aromas. Essential oils are also commonly used in spas to create a relaxing, tranquil environment for customers.



The Powerful Aromas of Essential Oils

Depending on which oil you're using, you can harness the power of its aroma to create a soothing, uplifting, invigorating, grounding, calming, or nearly any other type of environment.

Because each essential oil is derived from a different plant part, every oil has a completely unique chemical profile. The chemical profile of an essential oil is what determines its benefits. For example, some chemical constituents can give an oil a soothing or calming aroma, while other constituents can make an oil cleansing, cooling, or invigorating. For instance, the specific chemical makeup of Clary Sage and its light, floral aroma makes it useful for creating a calming, relaxing environment. On the other hand, the chemical profile (and bright, cheery aroma) of Grapefruit makes it perfect for creating a more energizing, invigorating atmosphere.

When it comes to changing your environment, most essential oil aromas tend to fall under one of two general categories: calming or uplifting. As you might have guessed, using essential oils with more calming aromas at bedtime can be useful for creating a relaxing atmosphere.

If we take a deeper look at how essential oils work, it's easy to see how the power of aroma can be used for a better sleeping environment. Anytime you breathe in the aroma of an essential oil, that aroma is processed in a part of the brain called the olfactory system.

The olfactory system oversees your sense of smell. The olfactory system is connected to another part of the brain called the limbic system—where memories live. Remember how powerful your memory can be with the sense of smell? When an aroma reaches the limbic system, the limbic system generates a response based on memories associated with the smell. To recap—we breathe in the essential oil, the aroma travels to the olfactory system and on to the limbic system, and then our brain produces a response.



When you want to use the power of aroma to help you sleep, simply establish what's called a positive association. Say, for instance, you diffuse Lavender essential oil in your bedroom as you prepare for bed. (Lavender, by the way, is known for its light and calming aroma.) So as you're preparing for bedtime, you breathe in the soothing aroma of Lavender oil. If all goes well, you've created the optimal sleeping environment, which helps you get a good night of rest.

The next night, you decide to use Lavender at bedtime again. Let's say you do this for a few nights in a row. Eventually, when you breathe in the aroma of Lavender essential oil, you'll have a positive association between its scent and preparing for bed. Once this positive association is established, you can use Lavender as part of your regular bedtime routine to signal to your brain that it's time for rest.



Using Essential Oils Internally for Sleep

In addition to using the power of aroma to help with bedtime, some essential oils can be used internally to promote restful sleep. When taken internally, certain essential oils can help calm the nervous system and promote relaxation before bed.* For example, Lavender oil can promote peaceful sleep and ease feelings of tension when used internally.* Similarly, Copaiba oil can be taken internally to help soothe and calm the nervous system.*

Before using an essential oil internally for any reason, carefully read packaging instructions to ensure that the oil has been approved for safe internal use.

Everyone has different sleep patterns, preferences, and needs, and each person will react a little differently to an essential oil. This individuality is what makes essential oils such useful tools for promoting a restful environment, as you can find an oil (or combination of oils) that works for *you* and your sleeping needs. If you find that one essential oil doesn't promote a quality relaxing environment like you hoped, you can try another and see if it's a better fit for your needs.



Now that we understand a little more about the science behind essential oils and sleep, let's answer one of the most common questions on this topic: which essential oils are *best* for bedtime?

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Chapter three

Which Essential Oils Are *Best* for Bedtime?

When you're ready to use essential oils in your nighttime routine, you want to choose ones that can create the calm, relaxing environment you crave at bedtime.

So which oils are best for this? How can you make sure the oils you're using will help you create the ideal atmosphere as you prepare for a restful night of sleep?



The best place to start is by educating yourself. Learning about the specific characteristics and benefits of each essential oil will help you narrow your search when you want to use oils at bedtime. The goal is to choose oils that can help you promote an ideal restful environment—one that's calm, tranquil, and relaxing. The beauty is that dozens of essential oils have aromas that can help create a restful atmosphere. All you have to do is find the ones you like and incorporate them into your personal bedtime routine.

Let's talk about some of the best essential oils for creating the optimal sleeping environment.

The Best Essential Oils for Sleep



With its soothing aroma, **Bergamot oil** can help promote a sense of calmness and harmony when used before bedtime. Interestingly, the aroma of Bergamot can be simultaneously calming *and* uplifting, which is useful for creating a peaceful atmosphere at the end of the day.



Warm, woody **Cedarwood oil** can contribute to a calming environment when you want to unwind before bed. You can give any blend a grounded, woody scent by combining Cedarwood with other oils that are known to have calming aromas.



The unique aroma of **Copaiba oil** is useful for creating a peaceful environment. It's also soothing to the nervous system when taken internally, which can be quite effective for creating a sense of calm during bedtime routines.*



The relaxing, balancing scent of **Clary Sage oil** can create a restful environment, helping you prepare for bed. The clary sage flower has a pleasant, herbal, and slightly floral aroma and has been used for its beneficial effects since the Middle Ages.



The aroma of **Frankincense oil** can promote an atmosphere of calmness and balance. It's frequently used for personal practices like yoga or meditation; however, the calming nature of Frankincense also lends itself to creating a relaxing environment before bed.



When it comes to promoting a calming space, **Lavender oil** is considered a powerhouse—renowned throughout the world for its gentle, soothing nature. The light, floral aroma of Lavender makes it a go-to for creating a relaxing environment. Lavender can also be taken internally to promote a peaceful night of rest.*

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Many people find the fresh, herbaceous aroma of **Melissa oil** to be calming and soothing. When used at nighttime, Melissa can help to bring about an atmosphere that encourages relaxation.



Petitgrain oil is unique among essential oils with its clean and fresh aroma that's effective at creating a tranquil environment. Like Lavender, Petitgrain is another essential oil that can be used internally to help calm the nervous system and promote restful sleep.*



Known for its soothing properties that can soothe the skin and digestive system, **Roman Chamomile oil** also soothes with its aroma, helping you unwind at bedtime. The sweet, daisy-like scent of Roman Chamomile blends well with other soothing oils, such as Bergamot, Lavender, and Vetiver.



Used in ancient times for things like meditation, the **grounding nature of Sandalwood oil** can improve your bedtime routine, helping turn any room into a relaxing setting.



Specifically blended for make a restful atmosphere at bedtime, **dōTERRA Serenity® Restful Blend** brings together some of the most calming essential oils—Lavender, Cedarwood, Ylang Ylang, Vetiver, and several others. To make this powerful blend even better, consider using it with dōTERRA Serenity Restful Complex Softgels.



For those trying to create a stabilizing, grounded atmosphere, **Vetiver oil** is often a go-to. The distinct, earthy aroma of Vetiver blends well with lighter, floral oils like Lavender and can help create the perfect bedtime ambiance.



The rich, floral aroma of **Ylang Ylang oil** has been used extensively in aromatherapy because of its ability to create a soothing, positive, relaxed environment, which makes it an obvious choice when it comes to bedtime.

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Tailoring Your Essential Oil Experience to Fit Your Needs

Remember, two people can have different reactions to a single essential oil. For example, your husband might love the aroma of Cedarwood, but you might prefer something lighter, like Lavender or Clary Sage. Your friend might rave about using Vetiver in her nighttime routine, but maybe you find it doesn't do much for you. When it comes to choosing essential oils that promote an optimal sleep environment at night, you may have to try a few to see which ones work best for you. Don't forget—you can always combine several oils together to help produce the desired outcome.



Now that we're more familiar with some of the best essential oils for bedtime, let's talk about how to work them into your nightly routine and help you get one step closer to that perfect night.

Chapter four

How to Use Essential Oils for a Better Nighttime Routine

With powerful and potent essential oils on your side, you can create our optimal sleeping environment. Remember the tranquil night of sleep we described at the beginning of this book—the one where you sleep through the night on a cloud-soft pillow with no interruptions?



Well, this might sound like a far-off dream, but a good night of sleep is achievable when you create an atmosphere that encourages peaceful sleep, rather than hinders it.

Once you've found an essential oil (or several) that you like, it's time to take control and create the ultimate sleeping environment. Let's talk about the best ways you can use essential oils for a better nighttime routine.



Diffusion

Diffusing essential oils is one of the simplest ways to take advantage of and enjoy their aromatic benefits, particularly at bedtime. Placing a diffuser near your bed or in your bedroom allows you to easily experience the calming, relaxing aromas of essential oils as you create the perfect nighttime environment.

Here's how it works. When you're ready for bed, place a few drops of an essential oil with a calming aroma—like Ylang Ylang or Roman Chamomile—in your diffuser of choice. You can place said diffuser anywhere in the bedroom: on your bedside table, a nearby desk or dresser, or even the corner of the room.

When you turn the diffuser on, the calming scent of the oil you've chosen will begin filling the room and creating a soothing experience before bedtime. If it takes you a while to fall asleep, you can also try turning on your diffuser earlier in the night—perhaps as you're getting ready for bed—to help create the right relaxing environment and signal your brain that it's time for rest.

You can create your own bedtime diffuser blends by mixing essential oils together. Remember, not all the oils you include in a diffuser blend must fall within the "relaxing" or "calming" category. You can mix a few calming essential oils with other oils you enjoy in order to make a unique aroma that'll help you create a suitable environment.



Here are some essential oil diffuser blends that are perfect for bedtime:



Bathtime

If you want a relaxing essential oil experience for your entire body, try adding oils to a warm bath to help create a comforting atmosphere before bed. Not only will a warm bath soothe the body after a long day, but essential oils will provide a luxurious aromatic experience, preparing you for bed. Just add a few drops of an essential oil (or several oils) to a warm bath, possibly combined with Epsom salts, and place in the bottom of the tub.

If you don't have a bathtub or enough time to soak, consider a foot soak with essential oils. All you need to do is partially fill a tub or basin with warm water, add a few drops of essential oils, and let your feet soak for 15 minutes at the end of a taxing day.



Pillows and Bedding

Another simple way to enjoy the aromatic benefits of essential oils and promote a quality nighttime environment is by applying oils to pillows and bedding. It's that easy. Combine a few drops of essential oil and a few ounces of water in a spray bottle, and then spritz the combination over your bedding before going to bed. As you lie down, you'll be surrounded by the relaxing, comforting aroma of your favorite bedtime essential oils.

On top of misting essential oils over your bed, you can also add oils with soothing aromas to your laundry the next time you wash your sheets, pillowcases, and bedding. Simply place a few drops of oils like Bergamot, Ylang Ylang, or Clary Sage on a dryer sheet and throw it in the dryer with your bedding. You can also add essential oils to dryer balls to help infuse a calming aroma into your bedding before placing the materials on the bed.



Heating Pad or Neck Wrap

Combining essential oils with a heating pad or neck wrap allows you to enjoy the aroma of calming oils, while also warming and relaxing the body. Simply add a few drops of an oil to the outside fabric of a heating pad or wrap and place on the neck or back for warming comfort.

To make your own cordless heating pad that uses essential oils, follow these instructions.

Materials Needed:

Kitchen towel
6 cups flaxseed or rice
Sewing machine
dōTERRA® essential oil(s)

Directions:

1. Fold the towel in half lengthwise.
2. Sew around the edges, leaving a three-inch opening at the top. Turn the right side out.
3. Loosely fill with flax seeds or rice.
4. Sew the opening closed.
5. To use, microwave for two to three minutes and add two drops of essential oil on the outer fabric.

Note: The heating pad will be hot and can burn you if you heat it for too long. Start by putting your heating bag in the microwave for a minute, and then increase in 30-second increments until you've achieved your desired temperature.



Bottoms of the Feet

For an easy but effective way to create a restful environment, simply apply an essential oil with a relaxing aroma to the bottoms of your feet. This topical application allows you to enjoy the scent of the oil throughout the night, helping you maintain a peaceful atmosphere. For instance, you can apply a little dōTERRA Serenity® blend on the bottoms of your feet as you wind down for the night.

This application method is also useful for helping children at bedtime. Simply rub the essential oil on the bottom of your children's feet during their nighttime routine to help them calm down before going to bed.

Remember, some essential oils need to be diluted before topical application. When applying oils on children, use less oil than you would for an adult and always dilute oils with a strong chemistry. Consider diluting and applying Lavender or Bergamot on the bottoms of your children's feet before story time or after brushing their teeth.



A Warm Shower Before Bed

If you prefer taking a shower before bed instead of a bath, you can still make essential oils part of your bedtime routine. Simply place a few drops of calming essential oil on the floor of your shower, allowing its aroma to disperse throughout the room along with the steam from the shower. Make sure to place the essential oil droplets away from the path of the water so they don't wash down the drain right away.

You can also add a few drops of essential oil to your conditioner and apply before going to bed. When you get out of the shower, you'll still smell the essential oil on your hair as you lay down to go to sleep. Oils like Clary Sage, Lavender, Roman Chamomile, and Ylang Ylang are good for this, as they have calming aromas, while simultaneously providing your hair with soothing and beautifying benefits.



Veggie Caps or Softgels

We know that certain essential oils, when taken internally, can help calm anxious feelings and even soothe the nervous system.* When you want to take advantage of the soothing properties of essential oils at night, you can take oils like Lavender or Copaiba in a Veggie Cap before bed.

You can also use dōTERRA Serenity® Restful Complex Softgels to promote relaxation and sleep.* It's worth noting that while they come from the same product line, the formula for dōTERRA Serenity Softgels is different from the dōTERRA Serenity Restful Blend, and the oil blend is not approved for internal use. So you can strengthen your sleeping environment by using dōTERRA Serenity Softgels internally and dōTERRA Serenity blend topically and aromatically.

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Massage

Essential oils have long been used to enhance the art of massage. Using essential oils with calming, relaxing, and soothing aromas during a massage is a simple way to prep for bed. You can place a few drops of an oil in your hand, rub the palms together, and massage the oil into your temples or neck. To assist with absorption, try combining the essential oil with nonscented lotion and rubbing it into the skin to extend the power of aroma throughout the night. Massaging the temples and neck is an effective way of breathing in the aroma of an essential oil as you're readying for bed.

You can also use oils with calming aromas to massage the shoulders, arms, back, legs, or feet. Diluting essential oils with a carrier oil helps them absorb into the skin so you can still enjoy the aromas as you sleep. Before applying any essential oils topically during a massage, please read all labels and instructions to ensure the oil is approved for topical use.



Cup of Tea

You'll remember from Chapter one that we suggested drinking a warm cup of tea to help soothe the body before sleep. You can always add a drop or two of essential oil to your nighttime tea to try relaxing your body before bed.* Make sure the tea you choose isn't caffeinated, as stimulants tend to keep both body and mind awake.

Adding Bergamot oil can turn regular tea into Earl Grey, while Roman Chamomile oil (and others like it) makes a wonderful addition to herbal tea. Before adding essential oil to your tea, be sure the oil has been approved for internal use and is safe to add to beverages.



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Conclusion

Get Better Sleep to Change Your Life

In this book, we've taken an up-close look at what a good night of sleep really does: giving us more energy during the day, assisting our brains and bodies through important processes, and helping us avoid some more serious health concerns in the long run.

As many of us have experienced, a lack of quality sleep does more than just leave us feeling tired. Insufficient sleep can make it difficult to concentrate, make it harder to lose or maintain weight, weaken the immune system, and even slow reaction time when driving.

If you struggle with getting quality, consistent rest, imagine what your life would be like if you woke up feeling refreshed every day. Imagine what your day would be like if you didn't constantly feel drained from a night of tossing and turning. How much would your workday improve if you weren't almost falling asleep at your desk? How much better would your home life be if you felt less cranky and could truly be present with your family? How would your body feel if you didn't have to rely on caffeine or other stimulants to keep you awake during the day? Changing your sleeping habits does so much more than

make you comfortable at night—it has the potential to change nearly *every* significant part of your day.

Instead of lying awake at night counting sheep, take control of your sleeping habits and discover what can happen when sleep stops feeling like a luxury and more like a necessity. Whether you need a better pillow, less screen time, an internal clock reset, or just a better bedtime environment overall, you can do a lot to give yourself a better chance of sleeping through the night. And when you combine healthy sleeping habits with the power of your favorite bedtime essential oils, you create the ultimate relaxing atmosphere. Rather than spending another day (or sleepless night) wishing you felt rested and whole or had energy, take charge of your sleep habits right away and see how doing so can change your life.