



DEEP RESTFUL SLEEP

With essential oils, meditative yoga & some simple relaxation exercises!





essential oils

Essential oils are natural extracts from plants, bark or flowers with varying chemical compounds that impact human behaviour and thought patterns.

Specific essential oils indicated to help instill restfulness & sleep, & reduce racing mind, mild depression, anxiety or worry.. This ebook explores some of them more fully.

This ebook will also give some easy exercises & yoga positions to perform to prepare for sleep, create balance and clear the mind.

Essential oils should not be used at full strength or applied topically to young children under two.

lavender

Lavender essential oil is good for almost every situation and a core inclusion in any blend helping to induce calmness and reduce anxiety.

Lavender promotes peace of mind, calms and soothes the nervous system and is totally safe to use around children. Lavender also helps ease headaches.

ylang ylang

Ylang ylang is known for its ability to restore calm & supportive energy to the heart - helping dissolve resentment & worry, reducing feelings of helplessness and restoring a sense of confidence. Ylang ylang enhances self expression (and is excellent with lime in the situation of negative self talk). For sleep enhancement, where anxiety and stress play a role, ylang ylang should be included.

marjoram

Aptly described as 'the big hug' marjoram adds a sense of nurture to blends. It is useful for helping to calm, reduce feelings of worry and to lessen hyperactivity - or balance out extremeness in emotions. Marjoram is often used in blends to help in grief situations, it helps restore our own ability to be generous with ourself and with others - helping restore inner calm & balance.

mandarin

Mandarin is the oil to add to a blend where restlessness, worry or 'racing mind' is keeping you awake - that scenario here you wake up at 2am and lie worrying for a few hours, then eventually fall asleep right before your alarm wakes you - adding tiredness to your woes for the following day! Mandarin helps enhance joy & light heartedness - as do all the citrus oils - each in its own way.

bergamot

Bergamot enhances an uplifting feeling of letting go. It is a great choice in the instance where sleep is impacted by feelings of nervousness - butterflies in the stomach, or general nervous anxiety. It helps enhance energy flow through the body & helps to quell the sense of feeling stuck - enabling flow and movement. Bergamot is a general go-to for 'uplift'.

frankincense

Used for centuries during meditation, Frankincense is the king of essential oils. Frankincense is in all of our blends designed to enhance calm and peace of mind.

While bringing its own properties of calm, & inner reflection, Frankincense also amplifies the properties of other oils when added to a blend. It is in our Sleep Support, Deep Rest, Stress Less & Calm Blends.

geranium

Geranium is the balancer - where moodiness is a factor, geranium is a helpful factor. It helps bring a sense of calm & assuredness - allowing your mind to rest. One of my personal favourite blends is geranium with orange & lavender - I've used this for sleep and for morning for many years, I find it brings me to a more even headspace (and I love the smell).

orange

Orange is the exuberant essential oil - promotes free thinking, enhances creative thought flow & has a harmonising effect. Orange helps create a positive approach to confronting thoughts or ideas and is a good oil to choose when facing difficult decisions or people. Orange is often used alone or with lavender & other oils for insomnia & headaches.

blending & use of essential oils for sleep

Blending essential oils is a science in its own right, best learned by practice & application. Generally speaking, around 6 - 8 drops in total is required for an average sized room - less if it's a small room and about half of this for a child (and never in a non ventilated space).

Three or four oils in combination is the best approach - but if one single oil or a duo works for you, then keep it simple. It's better to have fewer and relatively more than it is to have the whole set in your diffuser.

Essential oils are best diffused - they enter the body through the olfactory system (the sense of smell) and take effect within minutes. Using your oils in combination with breathing exercises is very much recommended, as this will not only cause a relaxing effect on your body - it will also result in a faster absorption of the oils throughout your body. Usually it takes around 30 minutes for the whole body to be impacted.

If you wish to further enhance the effect, use PulsePoint roller bottles for application to your neck and shoulders before sleep (do not apply to your skin without carrier oil). You can also put a drop in your evening skincare regime if you wish to.

YOGA POSES FOR SLEEP IMPROVEMENT



Don't worry, there will be no headstands or impossible contortions for you to deal with. - just a few very easy positions & breathing exercises that flow easily with them.

Hatha Yoga is about restorative balance in the body and between body & mind.

The first exercise is just breathing.

In a comfortable upright seated position, using your right hand, press index finger and middle finger to the palm - leaving the ring finger and little finger out. Bring your hand to your face and place the thumb and ring finger on either side of your nose.

With the ring finger, block your left nostril and breath deeply and slowly in through the right nostril four times. Close your eyes and really focus on breathing deep into your stomach through the diaphragm.. After four breaths, release the ring finger & close the right nostril with your thumb. Repeat on the left side. Repeat 4 times. on both sides.

This is a yoga breathing style designed to balance sympathetic & parasympathetic nervous systems. It creates an immediate sense of calm.

extend and release



An excellent relaxation exercise for people who have been very busy all day!

Beginning in a standing position as above - breathe in and place your hands in prayer position.

Breathe out.

Breathing in, bring both arms overhead. Extend your back & look up during the inhale.

As you exhale, keep your arms extended, release the breath and move slowly and gently toward the standing forward fold - or as close to it as you can manage. Don't worry if you can't get your hands to the floor - just do what you can. The point is to combine the movement with the exhale.

Inhale. return to prayer position & repeat four times.



extended puppy

Fantastic stretch for people who sit all day.



Begin on all fours with hips stacked over knees and shoulders over hands & elbows. With your fingers in cuppled position, walk your hands forward on the inhale - lowering your chest as you exhale. Drop your ears down past your forearms and hold the stretch - do several breaths in and out in this position and see if you can extend your fingers further.

Slide your fingers back toward your hips on the inhale and fold back into child pose. You can keep your arms extended if you wish to, or place them alongside your legs - whatever is comfortable for you.



Repeat 4 times.

corpse

I don't have a picture for this one, but it is my favourite. You lie flat on your back. Arms by your sides - palms facing upward and feet splayed out left and right. Breathe deeply through your nose on the inhale and soft blow through your mouth as you exhale - when you first do this, try a slow count to ten for both inhale and exhale. Repeat at least five times. Try not to fall asleep!

**DEEP
SLEEP
TRIO**

