

SLEEP & REST

33% of Americans are not getting enough sleep per night. Lack of sleep impacts immune, cardiovascular and overall health as well as ability to lose and maintain weight. Sleep is as necessary as exercise and nutrients for optimal health.

What is going on while we sleep?

- Processing information
- Emotional processing
- Developing memories
- Brain regulates growth & repair
- Replacing energy reserves
- Removing waste products
- Rebuilding metabolism

Sleep Deprivation Damages

Short-term:

- Loss of attention
- High level of Micro-sleep
- Failure to process information
- Impulsivity & loss of empathy
- Memory impairment
- Reduced cognition & creativity

Long-term:

- Immune suppression
- Increase infection/cancer risk
- Increase cardiovascular disease
- Risk of Diabetes II
- Metabolic Syndrome

Psychiatric:

- Mood instability
- Anxiety
- Increase stimulant/sedative use
- Increase risk of a mental health crisis

Some Sleep Solutions

Sleep Schedule: Set up your own sleep routine, warm essential oil bath, turn down lights, turn off electronics, read etc.

Serenity Softgels: Take 2 capsules 30 minutes before bed

Serenity Restful Blend:

2-3 drops into a diffuser before bed and smell during sleep

Staying Asleep:

Put your organs to sleep and keep them asleep.

Mix Juniper Berry oil with fractionated coconut oil and massage on tummy and the tummy reflexes on the feet.

Night Owls: Smell Wild Orange oil, say, "I have plenty of time tomorrow!"

Monkey Brains: Stop the mind chatter with Balance, Patchouli and Vetiver oils. Use one or a combination of these oils. Rub on forehead, back of neck, ears and big toes before bed. Say, "I give myself permission to switch off!"

