DŌTERRA
ESSENTIAL OILS AND SLEEP

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Thermography for Health NY

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The Importance of Sleep

We know that everything we do during our daily routine influences our health and wellbeing; however, we often forget that our sleeping habits are just as crucial to our health.

Yes, exercising, eating right, and finding a healthy way to deal with emotions and stress are all important parts of our day, but allowing our minds and bodies to rest and recuperate at night is equally important.

While some may think that the only consequences of poor sleep are feeling groggy or sluggish the next day, sleep deprivation has actually been linked to a number of health risks that can impact the body.

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What do our brains and bodies do while we are asleep?

Sleeping is much more than just a way to pass the time, or a means of getting rid of the bags under our eyes.

As we sleep, our brains and bodies go through important processes that are necessary for growth, learning and memory, and recuperation of the body's systems.

While you are asleep, the brain:

- ✓ *Processes information, stimuli, and memories*
- ✓ *Sorts through information and gets rid of waste*
- ✓ *Undergoes processes essential for learning and memory*
- ✓ *Rejuvenates the body's cells*
- ✓ *Rests and recuperates through relaxing muscles and slowing the breathing*
- ✓ *Undergoes processes essential for growth and regulating hormones*

During the night, we experience several levels of sleep that allow the brain and the body to rest and recover.

When we cut those processes short, our minds and bodies haven't had time to properly process and recuperate, which can cause problems in the long run.

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The consequences of poor sleeping patterns

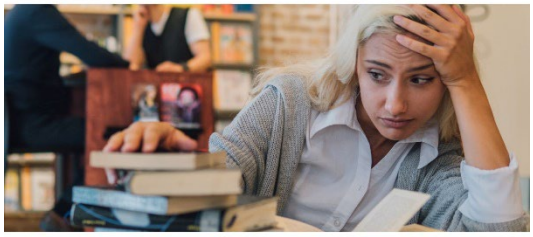
While the amount of sleep required may vary slightly from person to person, it is important for everyone to allow their body to rest for a substantial amount of time every night in order to maintain proper function of the brain and the body's major systems.

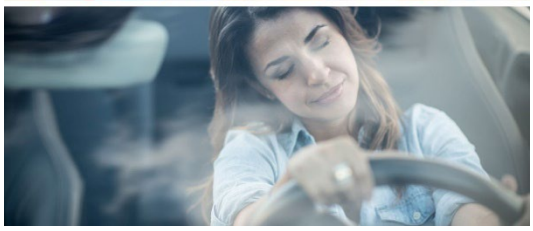
Unfortunately, many adults do not receive the proper amount of sleep each night due to a number of circumstances, including frequent interruption during the night by children or newborns, inadequate bedding or an unfavorable sleeping environment, consumption of stimulating substances like caffeine, a demanding work schedule, and distractions like technology or entertainment.

Because regular quality sleep is vital to the body's restorative processes, missing out on proper rest can pose health risks.

Sleep deprivation can influence:

- Ability to lose weight or maintain a healthy weight
- Emotions, behaviors, and decision-making
- Learning and motivation levels (in both children and adults)
- The body's organ systems and overall health
- Reaction time; driver attention





When you deprive your body of proper sleep and your brain of adequate rest, any number of negative consequences may follow.

Good sleeping habits can improve quality of life and overall health

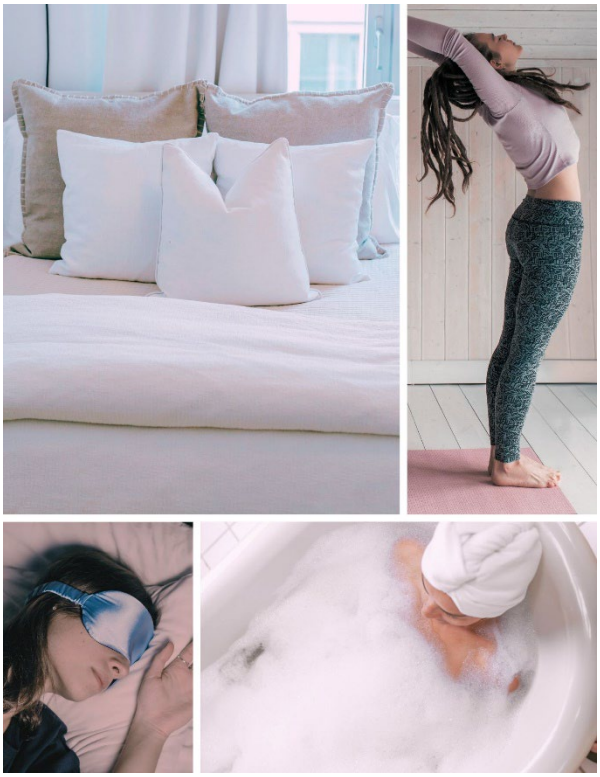
Good sleeping habits can greatly improve your quality of life in many ways.

For many people, getting better sleep isn't simply a matter of going to bed earlier or rearranging their schedule. Many adults have the best intentions of getting good sleep, but their plans are thwarted when they can't get their brain or their body to settle down.

A great night's sleep doesn't start when your head hits the pillow. It begins much earlier.

There are many ways to enhance your sleep quality, including taking good care of your body with diet and exercise, creating a good sleeping environment, and making time to relax before going to bed.

Tips to Enhance Your Sleep Quality:



- ✓ Maintain a healthy diet
- ✓ Sleeping environment is dark, not too hot or cold, and quiet
- ✓ Avoid stimulants: alcohol, nicotine, caffeine
- ✓ Supportive bedding: consider buying new pillows or a new mattress
- ✓ Exercise regularly (but not before bed)
- ✓ Remove distractions: avoid technology before bed
- ✓ Relax the body: try a warm bath or chamomile tea
- ✓ Reset your internal clock: go to bed and wake up at the same time

How Essential Oils Can Support Quality Sleep

Essential oils have been used for thousands of years for their calming and soothing properties that can help relax the body and mind.

The unique chemical properties found in certain essential oils make them useful for promoting an environment that is conducive for sleep.

Because there is such a wide variety of essential oils, and because each oil has its own set of benefits, most people can find an oil that works best for them. That means you can experiment to find the best essential oil for your needs.

How do essential oils help with sleep?

You might be wondering, "How does it work? How do essential oils help the body with sleep?" With any essential oil, the specific benefits of the oil will depend on its chemical makeup. Some chemical constituents can give an oil soothing or calming properties, while other constituents can make an oil cleansing, cooling, or invigorating.

Because each essential oil contains a different combination of several chemical properties, each oil holds unique benefits.

To use essential oils for their sleep benefits, select oils with chemical components that are soothing, calming, relaxing, and promote a suitable environment for sleep. This creates a positive response within the brain and the body.

Once you experience a restful night of sleep after using the calming oil, the brain will make a positive association with that aroma, so the next time you smell that particular oil, your brain will have a similar reaction.

After successfully using an essential oil to promote a good night of sleep, that oil can be continually used as part of healthy sleep regimen because of the positive connection your brain has made between the smell of the oil and a good night's rest.

If you find that one essential oil doesn't promote quality sleep like you hoped it would, you can try another oil that contains chemical components that are known to support sleep and see if that particular oil is a better fit for your needs.

Which essential oils are best for sleep?

Learning about the specific nature and benefits of each essential oil will help you narrow your search when you want to use an essential oil for sleep.

You will want to choose essential oils that can help you create an ideal sleeping environment by promoting deep feelings of calmness and relaxation.

Each of the essential oils listed in this guide have different characteristics that are helpful for promoting quality sleep, but each oil has a unique chemical makeup and interacts with the brain and body a little differently—making it easy for you to find an oil that works for you.

As you experiment with different oils and various application methods, you will find that each essential oil creates a different reaction within the body or brain. These reactions will help you narrow your search as you select your favorite essential oils for promoting sleep and relaxation.

Properties of Essential Oils that Support Quality Sleep

Calming

Consisting mostly of esters, calming oils are known for their ability to help promote calming feelings for the body and mind. Their aromas differ, but each oil has the ability to provide feelings of comfort.

Grounding

Typically composed of alcohols or ketones, grounding essential oils can help to settle the body and mind before bed by promoting calm feelings of security and balance.

Harmonizing

Promoting feelings of harmony before bed prepares the body and mind for a night of tranquil sleep. These oils are mainly composed of alcohols and promote a composure and serenity needed for proper rest.

Soothing

Oils in this category can be used to soothe the skin, body, and mind. To help promote proper sleep, soothing essential oils can be used aromatically or topically at bedtime to ease the body and mind.

Warming

Oils in this category typically have a warm or spicy scent, and can help produce a warming sensation when applied to the skin. Warming oils can be used topically or aromatically before sleep.

Essential Oils with Properties that Support Quality Sleep

Here are some of our favorite essentials for sleep. Browse through them and choose one or two to experiment with.

A *Use aromatically to help with sleep*
T *Use topically to help with sleep*
I *Use internally to help with sleep*

BERGAMOT

With an aroma that is calming and soothing, Bergamot oil can help promote a sense of calm and harmony when used before bedtime.

Use: A, T Primary Characteristic: Calming

CEDARWOOD

The warm, woody scent of Cedarwood oil promotes a peaceful feeling that can help the mind and body unwind before bed.

Use: A, T Primary Characteristic: Grounding

CILANTRO

Cilantro oil can be used to create a peaceful feeling that will support a restful night of sleep.

Use: A, T Primary Characteristic: Harmonizing

CLARY SAGE (A, T)

The relaxing, balancing nature of **Clary Sage oil** can help you prepare for bed by creating a restful environment.

Use: A, T Primary Characteristic: Calming

DILL

When used aromatically, **Dill oil** can help lessen stress or anxious feelings. This oil can also be used internally to help promote a restful sleep.

Use: A, T, I Primary Characteristic: Soothing

FRANKINCENSE

The soothing characteristics of **Frankincense oil** can help induce feelings of peace and satisfaction, while promoting feelings of relaxation.

Use: A, T Primary Characteristic: Soothing

LAVENDER

The light, floral aroma of **Lavender oil** makes it useful for creating an environment conducive for peaceful sleep.

Use: A, T, I Primary Characteristic: Calming

MARJORAM

Marjoram oil holds significant calming properties that can help lessen feelings of stress.

Use: A, T Primary Characteristic: Harmonizing

MELISSA

Useful for calming tension or nerves, **Melissa oil** can be used at nighttime to promote feelings of relaxation.

Use: A, T Primary Characteristic: Soothing

PETITGRAIN

Known for promoting feelings of calmness, **Petitgrain oil** may help promote restful sleep and ease feelings of tension.

Use: A, T , I Primary Characteristic: Calming

ROMAN CHAMOMILE

Roman Chamomile oil can be applied aromatically, topically, or internally for soothing benefits.

Use: A, T,I Primary Characteristic: Calming

SANDALWOOD

The grounding nature of **Sandalwood oil** makes it useful during your bedtime routine, as it promotes relaxation.

Use: A, T Primary Characteristic: Grounding

THYME

During the middle ages, **Thyme** was often used to help promote a peaceful sleep or to ward off nightmares.

Use: A Primary Characteristic: Warming

VETIVER

Often used to create a soothing massage, **Vetiver oil** can help promote feelings of calm.

Use: A, T Primary Characteristic: Grounding

YLANG YLANG

The rich, floral aroma of **Ylang Ylang oil** can help reduce the effects of daily stress while promoting a calming environment.

Use: A, T Primary Characteristic: Soothing

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Using Essential Oils to Promote Healthy Sleep

With powerful and potent essential oils on your side, you can create an environment that will promote a good night's sleep.

Once you've found an essential oil with relaxing, calming, or soothing properties, you can incorporate the oil into your bedtime routine to help you sleep better.

You can experiment with different oils, and even blend oils together for effective results.

After selecting your essential oils, there are dozens of applications that will allow you get the rest you need.

Diffusion

Diffusing essential oils is one of the simplest ways to enjoy the aromatic benefits of an oil—particularly at bedtime or when falling asleep.

Placing an essential oil diffuser near your bed or in your bedroom will allow you to breathe in the relaxing aroma of the oil as you drift off to sleep.

You can create your own bedtime diffuser blends by mixing a few essential oils together.

Remember, not all of the oils you use in a diffuser blend have to fall within the "relaxing" or "calming" category.

You can mix together a few calming oils with other essential oils you enjoy to make a unique aroma that will help you create an environment suitable for sleep.

Here are a few recipes for essential oil diffuser blends that are perfect for bedtime.

Recipes for Bedtime: Essential Oil Diffuser Blends

Dreamland Lullaby
1 drop Bergamot
1 drop Lavender
1 drop Roman Chamomile
1 drop Vetiver

Sweet Slumber
3 drops Bergamot
2 drops Cedarwood
1 drop Marjoram

Sleepy Thyme
1 drop Marjoram
1 drop Thyme

Sleepy Snuggles
3 drops Juniper Berry
2 drops Vetiver
2 drops Bergamot

Sweet Dreams
2 drops Cedarwood
2 drops Wild Orange
1 drop Ylang Ylang
4 drops Lavender

Sleeping Beauty
2 drops Vetiver
2 drops Lavender
1 drop Frankincense

Rock-a-bye Baby
3 drops Patchouli
2 drops Sandalwood
1 drop Jasmine

Relax & Rejuvenate
2 drops Lavender
1 drop Lime
1 drop Peppermint

Bedtime Stories
3 drops Fennel
3 drops Lemon
2 drops Wild Orange
1 drop Cedarwood

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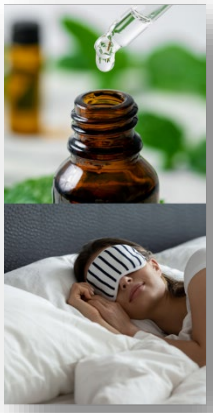


If it takes you a while to fall asleep, turn the essential oil diffuser on during your nightly routine—allowing you to breathe in the calming aroma before going to bed.

If you want to have a more restful night of sleep, place the diffuser on your bedside table, dresser, or in the corner of your bedroom, and set the timer.

This will allow the aroma to remain in the room over an extended period of time, helping you to enjoy relaxed, peaceful sleep.

Bedtime Bath

If you want a relaxing essential oil experience for the entire body, adding essential oils to a warm bath can help calm and comfort the body and mind before bed.

Not only will a warm bath help soothe the body after a long day, but essential oils will provide several aromatic benefits that will prepare you for bed.

You can simply add a few drops of an essential oil (or several oils) to a warm bath, or combine the oils with Epsom salts and place in the bottom of the bathtub.

Any of the oils listed in this guide that can be used topically can be added to your bath water.

Pillows and Bedding

Another simple way to enjoy the aromatic benefits of essential oils and promote quality sleep is by applying oils to your pillows and bedding.

Combine a few drops of an essential oil (or oils) and a few ounces of purified water in a spray bottle, shake well before using, and spritz the combination over your pillows and bedding.

As you lay down to go to sleep, you will be surrounded by the relaxing, comforting aroma of essential oils.

Here are a few suggestions of oil combinations to spritz over your bedding before going to sleep: Lavender + Cedarwood; Vetiver + Bergamot; Ylang Ylang + Sandalwood.

Bottoms of the feet

For an easy way to promote a good night of rest, simply apply your favorite relaxing oil to the bottoms of your feet.

This topical application will allow you to enjoy the aroma of the oil throughout the night— keeping you in a peaceful state of rest.

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

Remember, some essential oils will need to be diluted before topical application.

When applying oils on children, remember to use less oil than you would for an adult, and always dilute oils that have a strong chemistry.

A warm shower before bed

If you prefer to take a warm shower before bed instead of a bath, you can still use essential oils to help relax the mind and body before sleep.

Simply place a few drops of a calming essential oil on the floor of the shower, allowing the aroma of the oil to disperse throughout the room with the steam from the shower.

Make sure to place the oil droplets away from the path of the water so that the oil doesn't get washed down the drain right away.

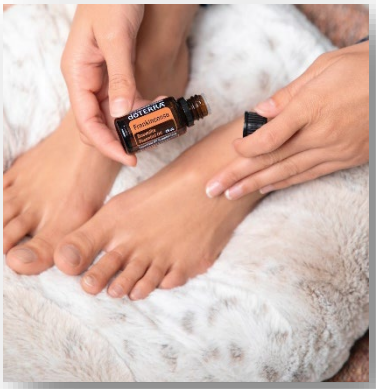
You can also add a few drops of a relaxing or soothing essential oil to your conditioner, and apply to your hair in the shower before going to bed.

When you get out of the shower, you'll still be able to smell the oil on your hair as you lay down to go to sleep.

Essential oils like Clary Sage, Lavender, Roman Chamomile, and Ylang Ylang are calming oils that promote healthy sleep while simultaneously providing the hair with soothing and beautifying benefits.

Massage

Using essential oils with calming, relaxing, and soothing properties during massage is a simple way to promote a good night of sleep.



You can place a few drops of an essential oil in your hand, rub between the palms, and massage into the temples or neck. Massaging these areas with essential oils is an effective way to relax the mind and body, and can help calm you down before bedtime.

You can also use calming essential oils to massage the shoulders, arms, back, legs, or feet to help relax certain areas of the body, or even the body as a whole.

Diluting essential oils with a carrier oil will help the oils to absorb into the skin and reduce sensitivity. Before applying any essential oils topically please ensure that the oil is approved for topical use.

Cup of Tea

Many people drink chamomile tea before bed, so it is no surprise that adding a few drops of Roman Chamomile oil to tea can help soothe the body and mind.

There are many soothing essential oils you can add to your cup of herbal tea before bed.

Always make sure that any oil you choose has been approved for internal use and is safe to add to food and drink.

Create Your Best Sleep Ever!

Daily Habits to Enhance Your Sleep Quality

- ☐ Maintain a healthy diet
- ☐ Exercise regularly (but not before bed)
- ☐ Supportive bedding: consider buying new pillows or a new mattress
- ☐ Reset your internal clock: go to bed and wake up at the same time
- ☐ Other Ideas: _____
- ☐ _____
- ☐ _____
- ☐ _____

Bedtime Rituals to Enhance Your Sleep Quality

- ☐ Incorporate essential oils for sleep
- ☐ Sleeping environment is dark, not too hot or cold, and quiet
- ☐ Avoid stimulants: alcohol, nicotine, caffeine
- ☐ Remove distractions: avoid technology before bed
- ☐ Relax your body with a warm bath, chamomile tea, or meditation
- ☐ Other Ideas: _____
- ☐ _____
- ☐ _____
- ☐ _____

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My Favorite Essential Oils for Sleep

- ☐ Bergamot
- ☐ Cedarwood
- ☐ Cilantro
- ☐ Clary Sage
- ☐ Dill
- ☐ Frankincense
- ☐ Lavender
- ☐ Marjoram
- ☐ Melissa
- ☐ Petitgrain
- ☐ Roman Chamomile
- ☐ Sandalwood
- ☐ Thyme
- ☐ Veviter
- ☐ Ylang Ylang
- ☐ Other ideas: _____
- ☐ _____
- ☐ _____
- ☐ _____

My Favorite Ways to Use Essential Oils before Bedtime

- ☐ Diffusion
- ☐ Bedtime Bath
- ☐ Pillows and Bedding
- ☐ Bottoms of the Feet
- ☐ Warm Shower
- ☐ Hair Conditioner
- ☐ Massage
- ☐ Cup of Tea
- ☐ Other Ideas: _____
- ☐ _____
- ☐ _____
- ☐ _____

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Meet Tammy Kohlschmidt RDH, CCT, CBP

Tammy Kohlschmidt is a Certified Clinical Thermographer and a frontrunner as a Licensed Dental Hygienist. She has a special interest in the Oral Systemic Link and in Non-Surgical Periodontal Therapy using Lasers.

By combining Thermal Imaging and Periodontal Therapy she has made connections between the mouth and body that address The Oral Systemic Link.

Tammy has intertwined her intuitive healing abilities and her love for energetic medicine as a Certified Body Talk Practitioner. She has also trained in Nutritional Evaluations using the Zyto technology.

She has integrated Thermal Imaging, Periodontal Therapy, Energetic and Spiritual Healing with Essential Oil Therapies, as a better way for sustaining health and well being.

She has created The 8 Essential Secrets of Breast Health and The 5 Charms of Self Empowerment to help women find their answers within and RISE! She also teaches other educational series using doTERRA Essential Oils.

Call Our Office to Schedule a Complimentary doTerra Consultation

Learn more about the amazing benefits of these high-quality essential oils and to create a personalized Healthy Sleep Protocol with Tammy!