



The Essential Guide to Great Sleep

How to Get a Night's Sleep That Would Make
Sleeping Beauty Jealous

Set the Mood

It's no secret that your devices are one of the main culprits for crappy sleep.

In order for your mind and body to prepare for sleep, your bed needs to be free of stimuli and blue light emitting devices.

Your bed should be a phone, computer, and TV free zone!

Removing the distractions from your bed will remove the temptation for your mind to wander and keep the 2 a.m. social media FOMO at bay.

Diffuse and Snooze

Diffusing essential oils is a great way to set the mood for sleep and it's a natural solution!

Did you know that your body contains over 1,000 receptors for smell? There's a reason that aromatherapy is a clinically studied Science.

I recommend using a nebulizer or ultrasonic diffuser for your essential oils. Heating essential oils will alter the chemical structure of the oil and you may lose the therapeutic benefits of the oil.

*****A Note About Essential Oils*****

Only use essential oils that are third party tested, Certified Pure and Therapeutic Grade. Other oils do not have quality control and can be cut with unhealthy and toxic chemicals .

I created a diffuser blend I lovingly call my "Knock the *#S% Out" blend because sleep hit me like a freight train and I didn't make a peep until my alarm came on in the morning.



*A word of caution: vetiver is a known sedative agent & I find that when I'm a bit heavy handed with the amount of vetiver in a diffuser blend it can cause some intense, vivid dreams. I'd work my way up to 3 drops of vetiver if you've never used it before so that you can gauge your sensitivity level.

Massage These Pressure Points

I am a huge fan of acupressure and reflexology! These therapies have been around for thousands of years and numerous clinical studies show their effectiveness!

This is an effective solution that can be done on yourself or with the help of a partner.

My favorite oils to pair with a reflexology massage for sleep are Lavender and Cedarwood! Both oils promote relaxation and grounding



The Bubbling Spring Reflexology Point



With your toes curled, take one foot and massage the Bubbling Spring reflexology point firmly with an up-and-down and circular motion for a few minutes. Repeat on your other foot.

Essential Oils For Sleep

Here are my favorite Essential Oils for Sleep.
These oils are known for their calming and
balancing constituents and benefits.
Use them Aromatically or Topically:

Top Oils For Sleep

- Lavender
- Balance Blend
- Serenity Blend
- Roman Chamomile
- Vetiver
- Cedarwood
- Black Spruce



For more ideas and additional
guidance, visit my website
www.TheGypsyHome.com

*Finding a solution for better sleep is not a one
size fit all scenario!*

If you'd like a personalized approach to
solving your sleep issues and need
additional support, then please visit my
website and fill out the contact form to
reach me directly.

www.TheGypsyHome.com

Sweet Dreams, Gypsies!

Soula

