

Essential oils containing alcohols that support restful sleep

- Oil: Clary Sage

Chemical constituent : linalool

- Oil: Sandalwood

Chemical constituent : santalol

- Oil: Lavender

Chemical constituent : linalool



Tips for Sweet Sleep

#IAMHEALINGSTRONG



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1

Maintain a Healthy Diet

Cut out your caffeine and sugar. Eat lots of fruits and vegetables. Drink plenty of water.

2

Create good sleeping environment

Make sure it is dark. Turn off all electronics, including your internet router. [You can set a timer.] Clear the clutter. Buy new pillows and bedding if needed. Wash your sheets regularly.

3

Exercise Regularly

A daily routine of exercise will help stimulate cortisol and increase your body's need for sleep. Make sure not to exercise too close to bedtime. Walking, jogging, and rebounding are all great options.

4

Relax the Body

Try a warm bath, a cup of chamomile tea, a lavender diffuser. Meditate on the Word of God. Keep a notebook by your bed in case you can't shut your mind down, then write down what you need to do the next day. Trust God with your tomorrow.

