**5 Essential Oils That Help You Sleep**

Sleep is an important part of your daily life, but for some it is elusive. Getting enough rest will allow you to function to the best of your ability the next day – it is essential to both your body and mind.

There are so many reasons why people can’t sleep. Many aren’t sure why, but for others it could be too much work. A workaholic can deprive themselves because they don’t want to fall behind at their job.

You may be preoccupied with other things going through your mind, which makes your brain work even if it is already time to sleep. This means you’re not getting enough sleep because you’re worrying about other things. One way that might help you is to get away from the toxic situation. Even though you know you need your quality sleep, this might not be possible.

There are different negative effects you may get if you are sleep deprived. One way is with a weak immune system – this can lead to an unhealthy body.

Another way it could affect you is that you may feel like you’re drained and you’re brain isn’t working properly. This causes you to be unproductive.

As you can see – getting the right amount of sleep is important. To improve your sleep, here are 5 essential oils that can really help:

**Lavender Essential Oil**

If you are currently suffering from mood swings, you should be using lavender essential oil. This oil will help manage your mood.

Plus, you’ll start to notice that the aroma will relax your mind and help you find the peace you need in order to get the sleep you so desperately should.

**Cedarwood Oil**

Feel the earth as you close your eyes and go to sleep. Cedarwood essential oil will bring you closer to the earth. The wood-like aroma will soothe your senses. It also goes well with other essential oils such as lavendar. Therefore, it can be combined with different floral oils.

Not only that, but cedarwood oil promotes the body’s natural sleep.

**Sandalwood Oil**

You may want to add this sandalwood essential oil to your daily sleeping routine. Why? It is a unique woody.

The best way is to use this right before going to bed. It’s got a strong smell, so you might have to slowly introduce it to your sense, but it’ll be well worth it because of the benefits.

**Roman Chamomile Oil**

Roman Chamomile essential oil has a floral aroma and will help you feel relaxed. One way to have this feeling around you all the time is to apply it to your clothes or even to your skin.

**Valerian Oil**

Why invest in pills to help you sleep if you can enjoy the process of sleeping using essential oils? If you think sleeping pills are the only way for you to sleep well, then you should know that they are not the only way.

Valerian oil can help you feel calm and relaxed. You will fall asleep faster if you use this valerian oil.

This list is not all-inclusive of the essential oils that will help you go to sleep and stay to sleep longer. Start with one and see how it works – then move onto a different one. Once you’ve found the right combo it’ll be worth it.