Complementary Blog Post: 5 Essential Oils That Help You Sleep

Subject: 3 Sleeping Tips To Give You a Good Night’s Rest

[firstname],

Not getting enough sleep can make you grouchy. No one wants to be around you because you snap their head off over the littlest things. You might not even be aware that you’re doing it because you’re so tired from lack of sleep.

Millions of adults either have trouble sleeping or staying asleep once they are in bed. Being awake for hours into the night and barely closing their eyes before the alarm starts chirping away.

Here are 3 sleeping tips to give you a good night’s rest.

1.Establish a Routine

Sometimes establishing a routine is the best way to get your regular amount of sleep. This means going to bed at the same time every single night and waking up at the same time. Even going to bed a couple of hours past your bedtime can make a huge difference in how much sleep you can get.

2. Take the TV, Screen’s & Books Out of Your Room

Use the bedroom to sleep in and nothing else. Sometimes you can train your brain to do other activities such as looking at social media or reading a book right before bed. This can actually be more harmful than relaxing. Not only can what is being said on these be stressful, but the bright glare of the screen could prevent you from falling asleep.

3. Use Essential Oils

Sometimes something as simple as a smell can help you relax and get you to go to sleep. Essential oils are made from plant essence and many of those contain ingredients that can help release stress and calms the mind.

There are several different ways to use essential oils. You can use it topically and rub it into your skin with a carrier oil, you can inhale it with a diffuser that you’ve put in your room or add a few drops into a bath.

Taking a bath before bed will also help relax you, so you’ll get double the benefits with this method.

Not sure which essential oils will help you sleep? Check out this blog post for some ideas.

LINK

You’ll find one or two that you’ll want to try. Don’t stop until you find the right essential oil for you because getting your sleep is essential to your mental state.

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