



Sleep Quality Checklist

- ♥ **R**egulate Your Circadian Rhythm. Try for a cohesive rise and rest pattern. This is your body's clock which is affected by temperature, light and seasons.
- ♥ **P**ut Away the Electronics. Put electronics out of range when getting into bed. Stop using them an hour before bed. The emission of electromagnetic fields while sleeping can greatly disturb your sleep cycles.
- ♥ **A**re You diffusing? Lavender, Serenity, and Breathe are excellent bedtime choices! Start an hour before bed. See the next page for more information and to order.
- ♥ **S**et the Mood. Maintain a quiet and dark environment for restful sleep. Enter the CAVE. Try an eye mask if your room cannot be completely dark.
- ♥ **P**ut on the Brakes. Limit caffeine, alcohol and sugar about 4 hours before bed. Try a magnesium supplement 1 hour before bed to relax the nervous system.
- ♥ **N**o Bedmate Disrupters. Limit pets and children in your bed for better sleep quality. Sleep disruption affects your ability to heal. Healing happens in deep sleep states.
- ♥ **B**reathe Deeply. Deep breathing while winding down can improve sleep quality.
- ♥ **E**at Lightly. Avoid large meals before bedtime, as this can create an acid spill and indigestion.
- ♥ **T**ake a Bath. A relaxing bath an hour before bed with a drop of lavender can help unwind the nervous system. For extra inspiration, download the "Bath Rituals" document on the [Patient Resources page](#).

- ♥ **Try nasal Strips.** Using nasal strips can improve the flow of oxygen while you sleep. Especially if you are prone to allergies, sinus issues or mouth breathing/snoring.
- ♥ **Mouth Taping.** Another way to help improve the oxygen and CO₂ gas exchange.
- ♥ **Cleanse the Nasal Passages.** Doing this before bed can improve air flow while sleeping. It's also great first thing in the morning. Try using my favorite [Neti Pot](#).

Essential Oils to Aid Sleep

Breathe Respiratory Blend: A remarkable blend of essential oils that support clear airways and easy breathing. May be diffused or applied topically when diluted with fractionated coconut oil. You can apply it to your chest or to the bottoms of your feet.

Lavender Oil: Lavender oil is often considered a must-have oil to keep on hand at all times due to its versatile uses, including calming and relaxing properties that promote peaceful sleep and ease feelings of tension. May be diffused or applied topically when diluted with fractionated coconut oil. May be diffused, applied to bottoms of feet, added to a warm bath with Epsom salts, inhaled directly from hands or used in conjunction with doTERRA Serenity Restful Complex Softgels for an enhanced effect. Always dilute with fractionated coconut oil before applying topically.



Serenity® Restful Blend: Serenity has a calming aroma that creates a restful environment at bedtime. May be diffused, applied to bottoms of feet, added to a warm bath with Epsom salts, inhaled directly from hands or used in conjunction with doTERRA Serenity Restful Complex Softgels for an enhanced effect. Always dilute with fractionated coconut oil before applying topically.



Serenity® Restful Complex Softgels: A unique combination of Lavender essential oil and natural plant extracts in a vegetarian softgel to help you get the refreshing sleep you need without leaving you feeling groggy and sleepy the next day.

Volo Diffuser: The beautiful Volo™ Ultrasonic Diffuser has a customizable output with multiple time settings and features optional light settings.



Order Your doTERRA sleep support here: www.healthyoilsworld.com
Or simply call our office to order: 212-838-8884

Additional Sleep Support Aids



SILK EYE MASK



CALM



BREATHE RIGHT SENSITIVE



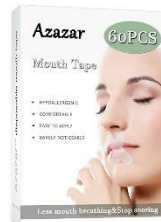
BREATHE RIGHT EXTRA STRENGTH



MAGNESIUM BATH SALT



NETI POT



MOUTH TAPE



PINK SALT

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