

YOUNG  LIVING®

BETTER REST GUIDE


Make a shift™ to nature-based sleep support*



*These statements have not been evaluated by the Food and Drug Administration. Young Living products are not intended to diagnose, treat, cure, or prevent any disease.

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The core of your wellness begins and ends
with your quality of sleep.

Restful nights pave the way for better tomorrows,
helping you wake up refreshed and ready for the day.
In this guide, you'll learn why sleep matters and how
to get the most out of your ZZZs with Young Living®
nature-based products.



The science of sleep

Sleep is essential to your health and well-being. It helps stimulate tissue growth and muscle repair, enhances your ATP production (the body's energy molecule), and aids in storing new information in your brain. During sleep, your brain also flushes out toxins via the glymphatic system.

Prioritizing your sleep provides numerous benefits for your mind and body, while chronic lack of sleep can cause changes in the brain, leading to damaging effects over time.

GOOD SLEEP	BAD SLEEP
 Restored energy	 Reduced immune function
 Reduced stress	 Weight gain
 Better mood	 Hormone imbalances
 Boosted cognitive performance	 Decreased learning ability
 Better weight management	 Moodiness and agitation
 Reduced risk of health problems	 Increased risk of high blood pressure, obesity, dementia, and diabetes

DID YOU KNOW?

1 in 3 adults doesn't get enough sleep

Source: Centers for Disease Control and Prevention

Tips for better rest

Catch more ZZZs by making a few simple shifts to your nighttime routine.



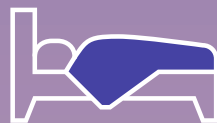
Stick to a sleep schedule.

Consistent sleep and wake times can help your circadian rhythm (24-hour internal clock) function optimally.



Wind down.

Prepare for sleep with relaxing activities such as a warm bath, gentle yoga, breathwork, meditation, or tea.



Get comfy.

Invest in comfortable bedding and keep your bedroom at 65–68° F—the ideal temperature for sleep.



Exercise.

According to the Sleep Foundation, moderate to vigorous exercise can help you fall asleep faster. Exercise may also boost serotonin (the precursor to melatonin).



Avoid blue light.

Bedtime use of screens may be associated with less quality sleep and higher daytime sleepiness.



Blue light may suppress melatonin, the hormone that makes you feel drowsy.

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MORE ZZZS ONLY MINUTES AWAY*



1 Super Magnesium™ capsule
3 times daily



2 Deep Night Essence™ capsules
30 minutes before bed

30 minutes to better rest*



Promote a restful night's sleep.* **(1 min.)**

Take 2 Deep Night Essence™ capsules
30 minutes before bed.



Unwind from daily stressors.* **(6 min.)**

Stretch or meditate and take Super
Magnesium™ supplement to calm the
nervous system.*



Lower your body temperature. **(20 min.)**

Enjoy a warm bath to boost blood flow
to the skin, increasing heat loss.



Create a slumber sanctuary. **(3 min.)**

Put away screens and start diffusing
calming essential oil scents.

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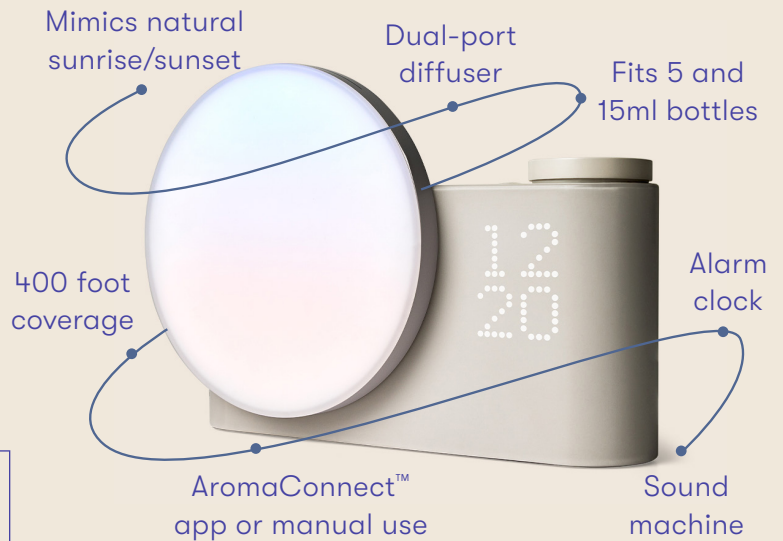
SET THE STAGE FOR REST

Transform your bedroom into a scent-sational haven with AromaConnect™ smart home diffusers. Connect your devices, schedule your scents, and enjoy fuss-free diffusion straight from your phone.

AromaConnect™ Wake-Up Light Diffuser

This app-enabled, 4-in-1 diffuser merges light, sound, and natural scents to create your ideal wake-up and fall-asleep environment.

Add Lavender and Cedarwood to your Wake-Up Light Diffuser for the perfect balance of floral and woody notes while you unwind.



AromaConnect™

LunaMist™ Plug-In Diffuser

Effortlessly scent your slumber sanctuary with this plug-in wall diffuser, featuring a sensed night light and manual or app controls.

App control

Light sensor



Use 5 ml or 15 ml bottle

Waterless diffusion

Nighttime oils



LAVENDER
Floral &
calming aroma



CEDARWOOD
Sweet
& woody aroma



**PEACE &
CALMING® BLEND**
Citrusy &
floral aroma



**ROMAN
CHAMOMILE**
Delicate
& herbal aroma



VETIVER
Earthy &
grounding aroma



VALERIAN
Tranquil &
earthy aroma



TRANQUIL™ ROLL-ON
Features Cedarwood,
Lavender, and Roman
Chamomile essential oils



RUTAVALA™ ROLL-ON
Features Lavender,
Valerian, and Rue
(Ruta) essential oils

TIP

Enhance your bedtime routine by applying Young Living® roll-ons to your temples, the back of your neck, or your wrists. These proprietary blends are pre-diluted with coconut oil for easy topical application.

DIFFUSER BLENDS

Goodnight, Sleep Tight

3 drops Lavender
3 drops Vetiver
2 drops
Roman Chamomile

Sweet Dreams

4 drops Lavender
2 drops Vanilla
2 drops Cedarwood

Lullaby

3 drops
Peace & Calming® blend
2 drops Lavender

Sleep and Nutrition

Nutrition plays a key role in sleep quality. Certain foods and drinks, especially when consumed close to bedtime, can disrupt your rest. While everyone's sensitivities are different, here's what to avoid and what to enjoy for a better night's rest.

MAY HURT YOUR REST



Caffeine



Alcohol



High-sugar,
high-fat foods

MAY SUPPORT YOUR REST



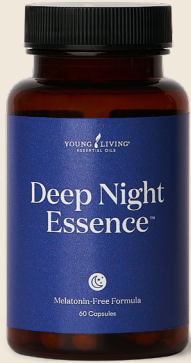
Supplements



Magnesium



Fruits and veggies



Deep Night Essence™ supplement

A restful night for a better tomorrow

Deep Night Essence offers a nature-based, long-term solution to support healthy sleep habits over time. Unlike short-term sleep aids, it won't cause any drowsy side effects the next day.*

BENEFITS AND FEATURES

- Non-drowsy, melatonin-free formula
- Supports regulation of the body's natural sleep cycle (circadian rhythm)*
- May support healthy/normal sleep latency*
- Promotes a more restful sleep*
- Formulated with a blend of spearmint and green tea extracts, which support a restful night for a better tomorrow*

CERTIFICATIONS



HOW TO USE

Take 2 capsules nightly.

Super Magnesium™ supplement

Sunup to sundown support

Super Magnesium combines one of the most bioavailable types of magnesium with a patented melon juice concentrate. It supports healthy, restful sleep and a calm nervous system while also maintaining normal energy levels and decreasing physical fatigue.*



BENEFITS AND FEATURES

- Supports over 300 functions, including a calm nervous system and restful sleep*
- Contains melon juice concentrate to help send magnesium where it's needed most.*
- Delivers a healthy dose in as little as three capsules!

CERTIFICATIONS



HOW TO USE

Take 1 capsule 3 times daily; can be taken with or without food. Safe for ages 14 and above.

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NingXia Cap Mocktail

2 ounces Ningxia Red

2 drops Lavender Vitality™ oil

Sparkling water

NingXia Red[®] superfruit drink

Your daily dose of wellness

This deliciously tangy beverage is packed with superfruits and clinically studied ingredients to support whole-body wellness and healthy sleep patterns.*

The NingXia Red[®] clinical study: DISCOVERING THE SCIENCE BEHIND THIS UNIQUE SUPERFRUIT DRINK



Significantly increase physical energy levels by 34.5 percent and reduce physical limitations by 36 percent*



Improve sleep patterns and increase time asleep by an average of 21 minutes following 60 days of continued use*



Significantly reduce daily stress by 23 percent and improve mental well-being†

The science behind NingXia Red

The Franklin Health Research Center, a leading clinical research site, conducted a randomized clinical study in the United States to evaluate the benefits of NingXia Red. The study involved 160 healthy adults aged 18–65, who were randomly assigned to either a treatment or control group. Data was collected at baseline, day 30, and day 60 of the study, using clinically and statistically validated instruments to measure self-reported effects.

The results? Drinking NingXia Red daily was shown to significantly support overall health in areas such as sleep, energy levels, and mental well-being.*

<https://www.youngliving.com/us/en/company/media/announcements/young-living-ningxia-red-study-found-to-improve-sleep-stress-and-physical-health>

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Kids

Getting quality sleep is essential for a child's development. One study conducted by the National Institutes of Health found that pre-teens who slept less than nine hours daily had differences in brain structure and more problems with mood and thinking compared to those who got sufficient sleep.

TIPS TO GET YOUR KIDS TO REST

1. Stick to a routine.

Children thrive on structure. Include calming activities like reading, a warm bubble bath, or calming music and keep a consistent bedtime.

2. Avoid screens.

Since blue light from TV screens can suppress melatonin, wind down with a book, coloring, or singing instead.

3. Get the wiggles out.

Research shows that exercise can help kids fall asleep earlier and stay asleep.

4. Create a cozy space.

Keep the room cool and dark, diffuse calming essential oil scents, and tuck them in with a soft blanket and their favorite stuffed animals.

KidScents[®] Unwind[™] supplement

The world is a big, exciting place for kids, so it's no surprise they don't always want to settle down at the end of the day. KidScents Unwind is specially formulated with superstar ingredients like L-theanine, 5-HTP, and magnesium to help promote a calm and relaxed state.*

BENEFITS AND FEATURES

- Helps promote a calm state*
- Helps with occasional sleeplessness*
- Reduces restlessness and eases occasional irritability*
- Supports focus and mental clarity in the home and in the classroom*

CERTIFICATIONS



HOW TO USE

For children 4 years and older, empty contents of 1 packet into mouth to dissolve.

KidScents® SleepyIze™

essential oil blend

This carefully formulated blend of Lavender, Geranium, Roman Chamomile, Bergamot, and other premium essential oils helps set the scene for a calm nighttime routine.

BENEFITS AND FEATURES

- Pre-diluted for delicate skin
- Inspires a peaceful aromatic environment
- Features a sweet, naturally calming aroma

HOW TO USE

Diffuse or apply on the bottoms of your child's feet, the nape of their neck, or their chest as part of naptime or bedtime.

Essential Oil Monster Spray

You need:

- Glass spray bottle
- Water
- 2 tablespoons witch hazel
- Essential oils of choice
(we love Peace & Calming® blend)

How to use:

- Spray inside closets, under the bed, and around curtains to keep your child's fears at bay. Avoid spraying near the eyes or skin.

Directions:

- Add your essential oils to your glass bottle. Then add the witch hazel and fill the rest of the bottle with water. Gently shake to combine all ingredients.



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Start Today

Healthy rest is the cornerstone of wellness, and small changes can make a big difference. Whether you're using our AromaConnect™ diffusers, trying a new supplement, or establishing a bedtime routine, each step you take brings you closer to more restful nights and brighter tomorrows.

NUTRITION

Deep Night Essence™ supplement

Wholesale price:	\$37
Retail price:	\$48.68
PV:	32
Item No.:	46956

KidScents® Unwind™ supplement

Wholesale price:	\$43.50
Retail price:	\$57.24
PV:	43.5
Item No.:	32540

NingXia Red® 2-pack

Wholesale price:	\$82
Retail price:	\$107.89
PV:	82
Item No.:	3042

Super Magnesium™ supplement

Wholesale price:	\$43.42
Retail price:	\$33
PV:	28
Item No.:	46964

DIFFUSERS

AromaConnect™ LunaMist™ Plug-In Diffuser

Wholesale price:	\$69.00
Retail price:	\$90.79
PV:	20
Item No.:	44098

AromaConnect™ Wake-Up Light Diffuser

Wholesale price:	\$195.00
Retail price:	\$256.58
PV:	60
Item No.:	46771

Cedarwood essential oil

Wholesale price: \$13
 Retail price: \$17.11
 PV: 13
 Item No.: 3509

Lavender essential oil

Wholesale price: \$27.25
 Retail price: \$35.86
 PV: 27.25
 Item No.: 3575

Lavender Vitality™ essential oil

Wholesale price: \$13.50
 Retail price: \$17.76
 PV: 13.5
 Item No.: 5590

Peace & Calming® essential oil blend

Wholesale price: \$39.25
 Retail price: \$51.64
 PV: 39.25
 Item No.: 3398

Roman Chamomile essential oil

Wholesale price: \$46.25
 Retail price: \$60.86
 PV: 46.25
 Item No.: 3512

RutaVaLa™ Roll-On

Wholesale price: \$41.25
 Retail price: \$54.28
 PV: 41.25
 Item No.: 4471

Tranquil™ Roll-On

Wholesale price: \$33.25
 Retail price: \$43.75
 PV: 33.25
 Item No.: 3533

Valerian essential oil

Wholesale price: \$43.25
 Retail price: \$56.91
 PV: 43.25
 Item No.: 3648

Vanilla oleoresin

Wholesale price: \$34.50
 Retail price: \$45.39
 PV: 34.5
 Item No.: 32741

Vetiver essential oil

Wholesale price: \$23.75
 Retail price: \$31.25
 PV: 23.75
 Item No.: 3651



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