



Fall Sleep Guide



*Reclaim Your Rest, Recharge Your Energy,
Restore Your Wellness*

BY JACQUELINE MCLAUGHLIN

Why Sleep Matters

More Than Ever in Fall

As the days shorten and evenings cool, your body naturally craves more rest — yet many people notice the opposite.

Changes in daylight, added stress, and busier schedules can throw off your sleep rhythms, leaving you tired, foggy, and unfocused.

Good sleep isn't just about feeling rested. It's vital for:

- 🌿 Stronger immunity — Sleep is when your body repairs and regenerates.
- ⚖️ Hormone balance — Deep sleep regulates cortisol, insulin, and melatonin.
- 🧠 Sharper focus & memory — Your brain consolidates learning and restores clarity.
- ❤️ Emotional resilience — A rested mind handles stress and mood swings with ease.

Jacqueline



Common Sleep Disruptors

Awareness is the first step toward better rest. These common culprits can keep you tossing and turning:

- 💡 Artificial Light & Screens
- Shorter days = longer evenings indoors with screens that suppress melatonin.
- ☁ Stress & Racing Thoughts
- Seasonal changes, work deadlines, and life's "to-do's" raise cortisol levels.
- ☕ Caffeine & Sugar
- Fall comfort treats (hello, pumpkin spice!) can overstimulate your system.
- 🕯 Environmental Toxins
- Synthetic candles and sprays release chemicals that affect hormones and sleep.

Simple, Natural Ways to Improve Your Sleep

Create a Wind-Down Ritual

Turn your evening into a cue for calm:

- Dim the lights an hour before bed.
- Unplug from screens.
- Diffuse Lavender, Cedarwood, or Stress Away® for relaxation.

🔥 Try this Sleepy Autumn Diffuser Blend:

- 3 drops Lavender
- 2 drops Cedarwood
- 1 drop Vanilla

Support Your Body Naturally

Your body needs the right nutrients to transition into rest mode.

🌿 Deep Night Essence™ — Young Living's nighttime supplement that supports melatonin production, relaxation, and quality rest.

🌿 Super Magnesium — Magnesium supports nerve function, muscle relaxation, and melatonin synthesis for a deeper sleep cycle.

🌟 Tip: Take magnesium 30–60 minutes before bedtime with a small glass of water.

Simple, Natural Ways to Improve Your Sleep

Keep Your Bedroom Toxin-Free

Trade synthetic fragrances for nature's aroma. Use a linen spray made with genuine, authentic essential oils instead of artificial scents.

Try misting your pillow with:

- 2 oz water
- 1 drop Lavender
- 1 drop Roman Chamomile
- 1 drop Vanilla
- Shake before each use.

Balance Your Evening Nutrition

Avoid caffeine, alcohol, and sugar late in the day. Instead:

- Sip a calming herbal tea like chamomile or rooibos.
- Enjoy a warm serving of NingXia Red® before bed to stabilize blood sugar and provide antioxidants.

Practice Gentle Evening Movement

Ease tension from the day with light movement:

- Gentle stretching or yoga poses
- Slow, mindful breathing
- A short walk under the stars

These practices calm the nervous system and signal to your body that it's safe to rest.

The Sleep–Productivity Connection

Restful sleep fuels productive days. When you prioritize sleep, you'll notice:

- ✓ *Clearer thinking and steady energy*
- ✓ *Better focus and memory retention*
- ✓ *Stronger immunity*
- ✓ *Balanced mood and emotional stability*

Product Spotlight:

- **Deep Night Essence™** – A melatonin-free supplement that supports deep, restorative sleep while calming the nervous system. Ideal for women who need help relaxing without grogginess in the morning.



Your 7-Night Fall Sleep Reset

Making one focused change each night for 7 nights can help you create a “good sleep routine”!

Night	Focus	Action
1	Prepare	Set a consistent bedtime and diffuse Lavender + Cedarwood
2	Nourish	Take Deep Night Essence™ before bed
3	Calm	Turn off screens 1 hour early; read or journal instead
4	Detox	Remove candles/air fresheners; diffuse natural oils
5	Relax	Stretch or breathe deeply for 10 minutes
6	Balance	Replace late-night snacks with warm NingXia Red®
7	Reflect	Note how your mood, focus, and energy improved

Reclaim Your Rest

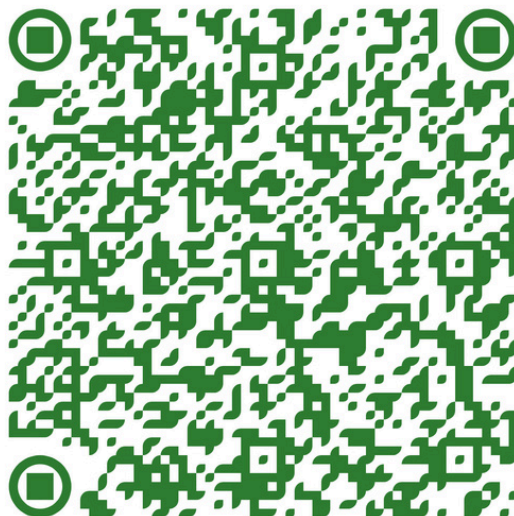
This season, make sleep your superpower.

By creating intentional routines, choosing natural support, and reducing hidden disruptors, you'll sleep deeper, wake refreshed, and move through your days with more energy and focus.

zzZ Start your natural sleep journey with:

- Deep Night Essence™
- Super Magnesium
- Lavender, Cedarwood & Stress Away® essential oils
- NingXia Red®

For a Wish List: [CLICK HERE](#) or use the QR Code



*Wellness begins where you pause.
Each restful night is an act of self-care
that ripples into every area of your life
— your focus, your relationships, your
creativity, and your resilience.
When you honor your body's need for
deep, restorative sleep, you're not just
resting — you're healing.
Sleep well. Live well. Thrive naturally.*

- JACQUELINE MCLAUGHLIN