

A photograph of a bedroom. On the left is a bed with a dark wood headboard and white linens. To the right is a round wooden nightstand with a white marble top. On the nightstand is a white ceramic vase with dried greenery, a small copper-colored lamp with a white globe, and some small decorative objects. The background is a plain white wall.

*fear*LESS

*understanding the relationship
between sleep and anxiety*

According to Harvard Health Publishing, sleep problems affect more than 50% of adults with generalized anxiety disorder, which leads us to ask:

does anxiety cause insomnia or does insomnia cause anxiety?

There's a lot that is still unknown about the connection between insomnia and mental and emotional health issues. The answer to this question typically depends on which came first.

Sleep deprivation can elevate the risk for anxiety and worsen the symptoms of anxiety, as well as prevent recovery.

And on the flip side, anxiety can also contribute to disrupted sleep, often in the form of insomnia or nightmares.

So while the "which came first?" may be unclear, one thing we know for sure is sleep is incredibly important when it comes to managing worry and anxiety.



SYMPTOMS OF ANXIETY

tight muscles
tight chest
heart palpitations
high blood pressure
insomnia
digestive troubles
panic attacks
irritability
inability to focus

ANXIETY RISK FACTORS

stress
trauma (including unresolved
childhood trauma)
thyroid dysfunction
hormone imbalance
family history
decreased serotonin
sleep deprivation



HEALTHY HABITS FOR BETTER SLEEP

1. Reduce or eliminate electronics 1 hour before bedtime.
2. Practice a consistent bedtime routine that gets you in bed about the same time every night.

RESEARCH SHOWS THAT ADULTS GET THEIR
BEST DEEP SLEEP BEFORE WHAT TIME?

3. Avoid stimulants like sugar & caffeine.
4. Eat a protein-rich meal or snack before bedtime.

OUR BODIES NEED WHICH MINERALS TO
FACILITATE HEALTHY SLEEP?

SUPPLEMENTS FOR SLEEP

Melatonin

St. John's Wort

Ashwagandha

Magnesium

CBD

Unwind

ESSENTIAL OILS FOR SLEEP

Lavender

Cedarwood

Valarian

Roman Chamomile

Valor

Peace & Calming

sleep roller recipes

STARTER KIT SLEEP ROLLER

10 drops Lavender
10 drops Frankincense
10 drops Peace & Calming

BUDGET-FRIENDLY SLEEP ROLLER

20 drops Lavender
20 drops Cedarwood
10 drops Orange

KIDSCENTS SLEEP ROLLER

20 drops Sleepylze
20 drops KidPower

SLEEPY UNICORN SLEEP ROLLER

20 drops Valor
20 drops Peace & Calming
10 drops Stress Away

LIQUID SLEEP SLEEP ROLLER

15 drops Lavender
10 drops Vetiver
5 drops Frankincense
5 drops Ylang Ylang
5 drops Orange



HOW TO MAKE A ROLLER BOTTLE

1. Add essential oils to an empty roller bottle
2. top off with a carrier oil such as grapeseed or jojoba oil
3. Secure roller ball
4. Gently rotate to blend oils



YOUNG LIVING *supplements* for sleep

SLEEP ESSENCE

Take 1-2 capsules 30-60 minutes before bedtime.

IMMUPRO

Take 1-2 chewable tablets at bedtime

UNWIND

Empty contents of 1 packet into mouth to dissolve. (Adults can take 2 if needed.)

THYROMIN

Take 1-2 capsules immediately before going to sleep.

CORTISTOP

Take 2 capsule in the morning before breakfast. If desired, for extra benefits, take another two capsule before retiring. Use daily for 8 weeks. Discontinue use for 2-4 weeks before once more resuming.



bedtime diffuser recipes

3 drops Lavender
3 drops Cedarwood
3 drops Orange

3 drops Lavender
2 drops Vetiver
2 drops Marjoram

3 drops Stress Away
3 drops Peace & Calming

3 drops Lavender
3 drops Orange
2 drops Spearmint

3 drops Stress Away
3 drops Lavender

3 drops Lavender
3 drops Frankincense
2 drops Orange

3 Gentle Baby
3 drops Stress Away

3 drops Vetiver
2 drops Lavender
2 drops Orange

4 drops Valor
3 drops Frankincense