

The Ultimate Guide to sleep & rest

Sleep is a vital component of overall health and well-being. Quality sleep helps your body recover, boosts your immune system, and improves cognitive function. This guide will help you understand the importance of sleep, how to create a sleep-friendly environment, make dietary changes for better sleep, and incorporate Young Living products to enhance your sleep and rest.

ARE YOU SLEEPING WELL IN GENERAL?

UNDERSTANDING SLEEP

SLEEP OCCURS IN STAGES:

Light Sleep (N1): The transition period between wakefulness and sleep.

Preparation for Deep Sleep (N2): Heart rate and body temperature drop.

Deep Sleep (N3): The body repairs and regrows tissues, builds bone and muscle, and strengthens the immune system.

REM Sleep: Brain activity increases, and dreams occur, essential for emotional regulation and memory.

IMPORTANCE OF SLEEP

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Quality sleep:

- Recharges the brain
- Restores the body
- Detoxifies the brain

ASSESSING YOUR SLEEP

Consider keeping a sleep diary to track your sleep patterns.

Note the following each day:

- What time you went to bed and woke up
- How many times you woke up during the night
- How you felt in the morning
- Any naps you took during the day



TIPS FOR CHANGING YOUR ENVIRONMENT

CREATING A SLEEP-CONDUCTIVE ENVIRONMENT

Your bedroom should be a sanctuary for sleep.
Here are some tips to make your environment more sleep-friendly:

- Keep it cool:** A cooler room temperature (around 65°F or 18°C) is ideal for sleep.
- Darken the room:** Use blackout curtains to block out light. Consider an eye mask if needed.
- Reduce noise:** Use earplugs or a white noise machine to block out disruptive sounds.
- Comfortable bedding:** Invest in a comfortable mattress and pillows that support your sleeping posture.

MINIMIZE DISTRACTIONS

- Limit screen time:** Avoid screens (phones, tablets, computers) at least an hour before bed. The blue light emitted can interfere with your natural sleep cycle.
- Use night settings:** Enable night mode on your devices to reduce blue light exposure in the evening.
- Turn off WiFi/cellular:** Switch your devices to airplane mode or turn off WiFi and cellular data to reduce EMF exposure, which can interfere with sleep.
- Declutter:** A tidy room can promote relaxation and reduce stress.

DIETARY CHANGES FOR BETTER SLEEP

FOODS TO PROMOTE SLEEP

Certain foods can help promote better sleep:

- Tryptophan-rich foods: Turkey, chicken, bananas, and nuts.
- Complex carbohydrates: Whole grain bread, oatmeal, and brown rice.
- Magnesium-rich foods: Leafy greens, almonds, and avocados.
- Herbal teas: Chamomile, valerian root, and lavender teas can have calming effects.

FOODS TO AVOID

- Caffeine: Limit intake of coffee, tea, chocolate, and certain medications, especially in the afternoon and evening.
- Heavy meals: Avoid large, rich meals late at night. These can cause discomfort and disrupt sleep.
- Alcohol: While it may help you fall asleep, it can interfere with the quality of your sleep.

ESSENTIAL OILS FOR SLEEP

Young Living offers a variety of essential oils that can promote relaxation and improve sleep quality. Here are some of our top recommendations:

- **Lavender:** Lavender is known as the "queen of sleep." Its calming properties are so effective that studies have shown it can help improve sleep quality by reducing anxiety and promoting relaxation.
- **Cedarwood:** Cedarwood has a grounding, soothing aroma that helps to calm the nervous system. It's like a cozy blanket for your brain, helping you feel more secure and ready for restful sleep.
- **Roman Chamomile:** Roman chamomile is like a gentle lullaby in a bottle. Its sweet, apple-like scent can help ease restlessness and anxiety, making it easier to drift off into a peaceful sleep.
- **Tranquil:** This blend combines lavender, cedarwood, and roman chamomile, among other oils. It's like having a sleep-support dream team in one bottle, working together to promote relaxation and tranquility.
- **Stress Away:** Stress Away is like a mini-vacation for your senses. Its combination of vanilla, lime, and other calming oils can help reduce stress levels, which is key for falling asleep more easily.
- **Valor:** Valor is known as the "courage" blend, but it's also great for bedtime. Its balancing oils can help create a sense of peace and stability, helping you unwind after a long day.
- **Sleepyize:** Sleepyize is a blend specifically designed to promote sleep. With a combination of lavender, roman chamomile, and other sleep-supportive oils, it helps to ease the mind and body into a restful state.

DIFFUSER RECIPES FOR GREAT SLEEP

midnight serenity

3 drops Lavender
2 drops Cedarwood
1 drop Roman Chamomile

dreamy bliss

2 drops roman chamomile
2 drops cedarwood
2 drops lavender

evening calm

2 drops lavender
2 drops stress away
1 drop bergamot

twilight tranquility

2 drops sleepyize
2 drops valor
1 drop lemon

moonlit rest

3 drops sleepyize
2 drops cedarwood
1 drop orange



DEEP NIGHT ESSENCE™

Deep Night Essence™ by Young Living is designed to support healthy sleep habits over the long term without causing next-day drowsiness. This nature-based supplement works with your body's natural sleep cycles, promoting better sleep quality and overall wellness. Unlike short-term sleep aids, Deep Night Essence™ ensures you wake up refreshed and ready to tackle the day.*

Directions

- **Dosage:** Take 2 capsules nightly.

Features & Benefits

- **Melatonin-Free:** Provides nightly support for a restful sleep without melatonin, making it ideal for those who prefer to avoid hormone-based supplements.*
- **Daily Use:** Safe for daily, long-term use, allowing you to develop consistent sleep patterns.
- **Stress Relief:** Eases occasional stress and promotes relaxation without causing drowsiness, helping you unwind naturally.*
- **Cognitive Support:** Spearmint and green tea extracts enhance concentration, cognitive function, and visual recall, ensuring mental clarity during the day.*

Nature-Based Sleep Support*

- **Night Blend:**
 - **Spearmint Extract:** Known for its calming properties, spearmint helps soothe the nervous system and promote a sense of relaxation.
 - **Green Tea Extract:** Contains L-theanine, an amino acid that supports relaxation and improves sleep quality without sedation.
- **Holy Basil Extract:** An adaptogen that helps the body cope with stress, holy basil supports the body's natural response to stress, promoting calmness and relaxation.*
- **Lemon Balm Extract:** Traditionally used for its calming effects, lemon balm helps reduce anxiety and promote sleep.*
- **Lavender Essential Oil:** Renowned for its soothing aroma, lavender essential oil supports sleep quality by helping to calm the mind and reduce occasional restlessness.*
- **Spearmint Essential Oil:** Enhances overall wellness and contributes to a refreshing sense of calm.*

Highlights

- **Vegan Friendly**
- **Gluten Free**
- **Vegetarian Friendly**
- **Non-GMO Ingredients**

Deep Night Essence™ is a carefully crafted supplement that prioritizes your long-term sleep health with natural ingredients and a commitment to quality. Try it today to experience a better night's sleep and a more energetic tomorrow.



SUPER MAGNESIUM™

Super Magnesium™ from Young Living is a powerhouse supplement crucial for over 300 bodily functions, including maintaining healthy energy levels, a calm nervous system, and restful sleep. It features one of the most bioavailable forms of magnesium, along with a patented melon juice concentrate that enhances magnesium distribution and reduces oxidative stress. Super Magnesium™ is the ultimate choice for those seeking an all-in-one health solution.

Suggested Uses

- **Dosage:** Take 1 capsule three times daily; can be taken with or without food. Safe for ages 14 and above.

Features & Benefits

- **Extensive Support:** Involved in over 300 functions in the body, magnesium supports a calm nervous system, healthy organ function, restful sleep, and metabolic health.*
- **Oxidative Stress Inhibition:** Contains melon juice concentrate to reduce oxidative stress and fatigue, promoting overall cellular health.*
- **Enhanced Efficiency:** The melon juice concentrate increases magnesium efficiency in the body, ensuring optimal absorption and utilization.
- **Active Lifestyle:** Decreases physical fatigue while supporting normal energy levels, making it ideal for those with active lifestyles.*
- **Diet-Friendly:** Vegetarian and vegan friendly, accommodating various dietary preferences.

Highlights

- **Halal Food**
- **Vegan Friendly**
- **Vegetarian Friendly**

Ingredients

- **Magnesium Hydroxide:** Derived from seawater, this form of magnesium supports over 300 enzymatic processes in the body, including energy production and muscle function.
- **Magnesium Citrate:** Another highly bioavailable form of magnesium, it helps maintain normal muscle and nerve function, keeps the heart rhythm steady, and supports a healthy immune system.
- **Vegetable Capsule (Hypromellose):** Provides a plant-based capsule for those following vegetarian or vegan diets.
- **Rice Flour:** Used as a natural filler to ensure consistency and quality in each capsule.
- **Melon Juice Concentrate:** This patented ingredient helps reduce oxidative stress, enhancing the body's ability to distribute magnesium where it's needed most.
- **Stearic Acid:** A natural fatty acid used to ensure the capsule ingredients stay together and are evenly distributed.
- **Silicon Dioxide:** A natural compound used to prevent clumping and ensure consistent quality.
- **Bergamot Essential Oil:** Adds a refreshing citrus note and provides additional health benefits through its calming properties.

Super Magnesium™ is an essential supplement that supports numerous body functions, helping you maintain energy, calmness, and restful sleep. Add it to your daily regimen for a comprehensive boost to your overall well-being.

NINGXIA RED™

NingXia Red™ by Young Living is a nutrient-rich drink packed with antioxidants and essential oils designed to support overall wellness. This powerful supplement not only boosts your general health but also significantly improves your sleep quality. Studies have demonstrated that consuming NingXia Red™ can enhance sleep patterns, increase total sleep time, and reduce the time it takes to fall asleep, making it an excellent addition to your daily routine for better sleep and productivity .

Directions

- **Dosage:** Drink 2 or more ounces daily. Shake well before use and refrigerate after opening.

Features & Benefits

- **Antioxidant Powerhouse:** NingXia Red™ contains a blend of superfruits and essential oils that provide high levels of antioxidants, which help combat oxidative stress and support overall health.
- **Improves Sleep Quality:**
 - Enhanced Sleep Patterns:** The study showed that participants who consumed NingXia Red™ experienced improved regularity in their sleep cycles.
 - Increased Total Sleep Time:** Participants saw an increase in the amount of time they spent asleep, leading to more restorative rest.
 - Reduced Sleep Onset Latency:** The time it took for participants to fall asleep was significantly reduced, allowing for quicker transition into sleep.
 - Overall Better Sleep Quality:** The combined effects led to enhanced sleep quality, resulting in better rest and increased productivity during the day.*
- **Supports Energy Levels:** Regular consumption supports sustained energy levels throughout the day, helping you feel more vibrant and alert.
- **Immune Support:** The high antioxidant content supports a healthy immune system, helping your body fend off everyday stressors.
- **Overall Wellness:** This drink supports various aspects of health, including eye health, cardiovascular function, and cognitive health.

Key Ingredients

- **Wolfberry (Goji) Puree:** Rich in antioxidants, vitamins, and minerals, wolfberries support immune function and overall vitality.
- **Blueberry, Plum, Cherry, Aronia, and Pomegranate Juices:** These superfruits provide a robust mix of antioxidants and nutrients that support overall health and wellness.
- **Grape Seed Extract:** Known for its high antioxidant content, grape seed extract supports cardiovascular health and reduces oxidative stress.
- **Pure Vanilla Extract:** Adds a delightful flavor while providing additional health benefits.
- **Essential Oils:** A blend of Orange, Yuzu, Lemon, and Tangerine essential oils enhance the drink's antioxidant properties and provide a refreshing taste.

Highlights

- **Gluten Free**
- **Vegan Friendly**
- **Vegetarian Friendly**
- **Non-GMO Ingredients.**

NingXia Red™ is a versatile supplement that not only supports overall wellness but also significantly enhances sleep quality. Incorporate it into your daily routine to experience the multitude of benefits it offers, from better sleep to improved vitality and immune support. Try NingXia Red™ today and unlock a healthier, more restful you.

CREATING A BEDTIME ROUTINE WITH YOUNG LIVING

INCORPORATE THESE PRODUCTS INTO A CALMING BEDTIME ROUTINE:

Diffuse essential oils: Start your diffuser with one or more of the recommended oils about 30 minutes before bed.

Apply roll-ons: Use Tranquil Roll-On on your pulse points.

Take supplements: Take Deep Night Essence or Super Magnesium as directed.

Relax: Spend the last hour before bed reading, meditating, or practicing gentle stretching to wind down.

Stretch: Take some time to stretch your body gently. Stretch your feet, legs, back, neck and arms

Water: Dehydration can create jitteriness and restless legs.

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**EASY BUTTON
PRODUCT LIST:**

Scan with you
phone's camera



FROM THIS:

Dear sleep, I'm sorry we broke up, I want you back
-author unknown

TO THIS:

**I'M SO GOOD AT
SLEEPING...**

I CAN DO IT WITH MY EYES
CLOSED!

