

Radiant Health News

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Sleep Well!

More than 100 million Americans of all ages are short on sleep. The Sleep in America poll conducted by the National Sleep Foundation in 2005 showed a downward trend in sleep time over the past several years for adults and children.^{1,2} Adults are short on sleep by 1 to 1.5 hours a night, often due to working at home and using the Internet in the evening. Other common causes of their sleeping difficulties are stress and worry; having a physical illness that causes pain; environmental noise; caffeine, alcohol and medication side effects; depression and shift-work.¹

This same sleep shortage trend has also been observed in children. The Sleep in America poll of 2004 found that children are getting 1.5 to 2 hours less sleep time each night than recommended. Children's caffeine consumption causes a loss of 3 to 5 hours of sleep weekly. Having a television in the child's bedroom causes a loss of another 2 hours of sleep weekly.¹

The impact of inadequate sleep on daytime performance is significant for all ages. According to the Cleveland Clinic's Sleep Disorders Center, "Sleepiness interferes with cognitive function, which can lead to learning disabilities in children, memory impairment in people of all ages, and even personality changes. Excessive daytime sleepiness is particularly common among young adults, the elderly, and shift workers, and is becoming recognized as the cause of academic underachievement in school-aged children. Adults with daytime sleepiness actually have a high incidence of automobile and occupational accidents, and even job loss."²

Sleep disorders alone keep 50 million Americans up at night. These people have difficulty falling asleep or staying asleep, or feel sleepy or unrefreshed despite a seemingly adequate night of sleep. There are over 80 disorders of sleep and wakefulness, two of the most important being insomnia and restless legs syndrome.³



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A brief look at the #1 sleep disorder Insomnia

People with insomnia have one or more of the following symptoms:

- difficulty falling asleep
- waking up often during the night & having trouble getting back to sleep
- waking up too early
- having unrefreshing sleep
- having at least one daytime problem such as fatigue; sleepiness; mood, concentration; accidents at work or while driving, etc.^{3,4}

According to the Cleveland Clinic's Sleep Disorders Center, about 50% of adults experience intermittent insomnia while 1 in 10 complain of chronic insomnia. Twice as many women have insomnia as men, and it is more common in older than in younger people.³

Healthy options to over-the-counter, potentially habit-forming sleep aids

Lavender essential oil may be the original sleep aid. Its soothing, relaxing properties have lulled people to sleep for millennia. The only side-effect is a good night's sleep.

RutaVaLa essential oil blend is a proprietary blend of Ruta graveolens (rue), lavender, and valerian essential oils that promotes relaxation of the body

and mind, soothes stressed nerves, and induces sleep. It helps ease tension and relieve stress.



RutaVaLa restores restful sleep

I have had sleep issues for years, and nothing worked. I had been reduced to taking Valium with Nyquil two nights a week, just to keep from complete exhaustion. Now I dab RutaVaLa essential oil on my feet, neck, brain stem, and forehead. For the first time in years, I am sleeping enough to dream! *Mona C.*

Sleep Well!

Deep sleep returns with SleepEssence

For several months, I have had trouble sleeping through the night. A gnat buzzing outside the window is enough to wake me up and wander the house for hours.

I recently ordered Sleep Essence. Now, I take two capsules, sleep deeply through the night, and wake up refreshed. *Michelle F.*



Another healthy alternative to over-the-counter sleep aids is **SleepEssence** from Young Living®. This supplement contains four powerful essential oils that have unique, sleep-enhancing properties. SleepEssence combines lavender, vetiver, valerian, and Ruta graveolens essential oils with the hormone melatonin—a well-known sleep aid. The story above is just one of many success stories about SleepEssence.

Restless legs syndrome

Restless legs syndrome (RLS) is another common, very disruptive sleep disorder. This condition causes a tingling, pulling, creeping, or painful sensations in the legs at night. This sensation is brought on by lying down, sitting for prolonged periods such as while driving or at a theatre. RLS typically occurs in the evening, making it difficult to fall asleep.

Often, people with RLS want to walk around and shake their legs to help relieve the uncomfortable sensation. The cause of RLS is unknown and there is no cure. RLS affects women slightly more than men and, although it may begin at any age, most patients are middle-aged or older.⁵

Healthy ways to soothe Restless Legs Syndrome

While there are prescription drugs available to manage RLS, many prefer not to risk the side effects. Fortunately, **Peace & Calming** essential oil blend has been found to be extremely helpful in easing RLS:

I was suffering from restless leg syndrome and read about those who used Peace & Calming oil. I rubbed it on the back of my knees and bottoms of my feet, and slept with no jumping legs! My legs don't bother me much any more, but when they do, I use Peace & Calming and they calm right down. *Rose J.*

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Resources

¹http://my.clevelandclinic.org/neurological_institute/library/know_sleep.aspx

²http://my.clevelandclinic.org/sleep_disorders_center/sleep.aspx

³http://my.clevelandclinic.org/disorders/Sleep_Apnea/hic_Common_Sleep_Disorders.aspx

⁴<http://www.mayoclinic.com/health/insomnia/DS00187>

⁵http://my.clevelandclinic.org/disorders/Sleep_Apnea/hic_Common_Sleep_Disorders.aspx

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Peace & Calming stops restless legs

Restless leg syndrome has been ruining my sleep for years. It comes with such irregularity and always seems to bother me when I can't afford to lose a night of sleep. The first time I tried Peace & Calming essential oil, I thought I would be getting right back up to walk the floor as usual. But I had no more shak-ing. The same thing happened with subsequent uses of Peace & Calming. I put 2-3 drops of oil behind each knee and head back to bed for a great night's sleep. *Peggy F.*



More healthy help for RLS



MegaCal nutritional supplement also provides excellent relief from RLS. It's a proprietary blend of minerals-calcium, magnesium, zinc, manganese and copper, plus Vitamin C in a bioavailable powder. Take just before bedtime - or whenever your legs are bothering you - by placing one scoop of MegaCal into a cup of water, whisk to blend and drink. No more twitchy legs!

Progescence Plus Serum is also helping many women sleep better. This progesterone supplement should be taken at bedtime. As it replenishes the body's depleted stores of progesterone, it helps to rebalance the hormones for overall better health. For more about Progescence Plus Serum, see newsletter entitled, "Turn Back the Clock".

Featured Products from Young Living

Product Name	Prod #/Qty	Prices in \$US	
		Wholesale	Pref Cust Retail
Lavender essential oil	#3575 15 ml	\$20.75	\$24.03 \$27.30
Peace & Calming essential oil blend	#3393 15 ml	\$32.75	\$37.92 \$43.09
RutaVaLa essential oil blend	#3419 5 ml bottle OR #4471 10 ml roll-on	\$29.75	\$34.45 \$39.14
MegaCal supplement	#3280 15.6 oz	\$37.50	\$43.42 \$49.34
Progescence Plus Serum (for women only)	#4640 15 ml	\$35.00	\$40.53 \$46.05