

# Sweet Sleep

true rest for your body . true rest for your mind. true rest to live your healthiest life.

## Sleep Heals Your Body

A good night of sleep always makes you feel amazing, but did you know that **sleep has even more effects than just refueling energy?**

**Sleep helps to:**

- **Strengthen the immune system**
- **Sharpen your ability to focus**
- **Provide mental clarity and strong decision making**
- **Reduce stress levels**
- **Help maintain healthy weight**
- **Increase your positive outlook and mood**

When we sleep, **our brains and bodies go through important processes necessary for growth, learning and memory, and recuperation of our body systems.** Without sleep our bodies cannot effectively make more white blood cells, create neurons, repair muscle, produce antioxidants, or generate nerve pathways, **making sleep as important for survival as food and water.**

## Sleep Supporting Oils We Reach For on Repeat



**Pro Tip to Skip the Snoring:** apply Valor to the bottom of each big toe! It's weird, but it works for most people!



**Peace & Calming** can tell an overtired & overworked body that it's safe to release stress and tension, and enter into rest.



**Cedarwood** is high in sesquiterpens, which stimulate the limbic system, lift the mood, and calm the body. It can slow your brain waves to help you sleep!



**Calm** was carefully formulated for the little ones in your life - to help them unwind and relax before bed. (But you might find yourself using it, too!)

## Sleepytime Supplements

- **Super Magnesium** - helps maintain healthy magnesium levels in the body for good rest.
- **ImmuPro** - Immune support and a hint of melatonin to help you drift off for healing rest.
- **Deep Night Essence** - Herbs and oils for deep sleep without magnesium.
- **Unwind** - Give your kids their own magnesium and watch them drift off peacefully.

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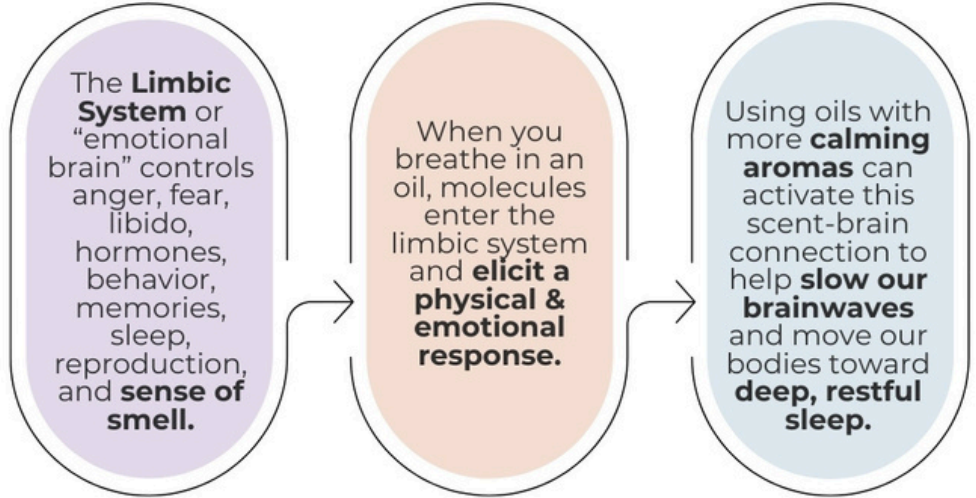
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## Essential Oils and Sleep

### So how do essential oils help with sleep?

The connection between oils and sleep has a lot to do with the science of oils, the anatomy of the brain, and the way scents affect our brains.

This means that we can intentionally use aromatherapy to process past emotional traumas, rewire the signals in our brains and set the stage for deep sleep and true physical and emotional rest.



## Make diffusing a part of your nightly routine.

A recent study at UC Irvine showed that **diffusing essential oils before bed showed improvement in cognitive test scores, positive changes in brain anatomy, improved cognitive resilience and youthfulness.**



- Add your **preferred oils to your diffuser** & turn it on.
- Apply essential oils to the **back of the neck and chest** and/or use a massage oil with calming essential oils over your legs and arms.
- Perform **light stretches, journaling, or meditation** to calm the mind and body.
- Keep the **lights low** and take a bath or shower or use relaxation techniques to **trigger your brain towards sleep**.
- **Avoid screens**, especially in the bedroom.
- Add in **sleep-supporting supplements** as needed.

## Rest & Digest

**The health of your gut directly affects your mood, your immune system, and your sleep-wake cycle?! Sounds a little wild, but it's true!**

You shouldn't go to bed overly stuffed or hungry. Find a happy medium of **“satisfied”**.

Adding in **Life 9 Probiotic** (for healthy digestion) or **Alkalime (for reflux)** before bed can help settle your stomach for a good night's sleep, too.



**Diet and nutrition can influence the quality of your sleep**, and certain foods and drinks can make it harder to get the sleep that you need (**hello alcohol!**). At the same time, **getting enough sleep helps us maintain healthy weight, manage stress, recover from exercise** and much more.

Drinking **Ningxia Red** daily can give you foundational nourishment in just 2 ounces

**It's clinically proven to:**  
+ improve sleep  
+ increase energy levels  
+ decrease daily stress  
+ and more!

Learn more with the Life Steps App!

