

Essential Oils for deep sleep

Essential oil is a concentrated hydrophobic liquid extracted from plants. It contains volatile chemical compounds which healing effects are ascribed to. Researchers have investigated a variety of health benefits attributed to these compounds and shown their big therapeutic implications.

Essential oils are among the undeniable natural remedies that help you to sleep thanks to their relaxing and soothing properties. They act in a holistic way and make it possible to restore our balance, which is essential for restorative rest and therefore our health.

If you are one of the 25% of Americans who experience acute **insomnia**, restless sleep, difficulty falling asleep, try a drug-free sleep solution, try essential oils.

Essential oils and sleep: which essential oil to choose?

Essential oils promote relaxation, and improve the quality of sleep. Our selection below will allow you to find the essential oil(s) that is adapted to your needs:

Noble camomile Essential oil (Roman camomile): soothing action, antispasmodic

Lemon Essential oil (Citrus Limonum): nervous calming

Geranium essential oil (Pelargonium asperum): balancing, relaxing, soothing

Fine lavender Essential oil (Lavandula angustifolia): muscle relaxant, anti-depressive, calming, rebalancing

Mandarin Essential oil (Citrus reticulata): relaxing action, sedative

Marjoram Essential oil (*Origanum majorana*): antispasmodic, rebalancing of the nervous system, sedative, used in particular against anxiety and hypertension

St. John's wort Essential oil (*Hypericum perforatum*): calming, reduces tension

Neroli essential oil – Orange blossoms (*Citrus aurantium*): sedative, antidepressant, soothing action, restores vitality and self-confidence, helps to fight stress and insomnia.

Orange essential oil (*Citrus sinensis*): sedative, nervous system rebalancing, spasmolytic, cardiac regulator, used in particular against insomnia and depression

Petit grain bigaradier essential oil (*Citrus aurantium*) calming, balancing, sedative, helps to fight against anxiety and anxiety, restless sleep, night awakening

Valerian Essential oil (*Valeriana officinalis*): calming, reduces tension, promotes sleep

How to use essential oils to sleep better

Diffusion: put 20 to 25 drops of essential oil into an electric diffuser and turn it On for 5 minutes before going to bed

Pillow mist: spray once or twice on your pillow before going to bed

Massage oil: put 4 to 10 drops of essential oil into a vegetable oil such as sweet almond, macadamia oil or St. John's wort macerate. Simply massage the solar plexus before going to bed. If you have the possibility to have your feet, back, legs and stomach massaged.

Bath (adult): mix 5 to 10 drops of essential oil with a

solvent (Solub HE, Neutral Base) or on Epsom salts (one glass) before adding them to the bath water just before going to sleep. Stay in the bath for 15 minutes and go to bed right away. For children's baths, limit essential oils to 5 drops.

A soft piece of fabric with essential oils: Take a piece of cloth and soak it with 10 drops of essential oil. Then slide the fabric into your pillow cover before going to sleep.

Synergies of essential oils to sleep like a baby

You can make the following essential oil blends and use them for the above applications:

lavender essential oil (5 drops) + Marjoram essential oil (5 drops)

essential oil lavender (5 drops) + essential oil Camomile (5 drops)

lavender essential oil (5 drops) + Orange essential oil (5 drops)

lavender essential oil (5 drops) + Petitgrain essential oil (5 drops)

Children's sleep – their favourite essential oils

Not sure which essential oil to choose for your child's sleep? Let him choose! Let him smell 3 or 4 essential oils and use the one he has chosen. He will naturally choose the one he needs. Generally children like the following essential oils:

Fine lavender Essential oil (*Lavandula angustifolia*): muscle relaxant, anti-depressive, calming, rebalancing,

Mandarin Essential oil (*Citrus reticulata*): muscle relaxant, sedative

Neroli essential oil – Orange blossom (Citrus aurantium): sedative, anti-depressant, soothing action, restores vitality and self-confidence, helps to fight stress and insomnia.

Orange essential oil (Citrus sinensis): sedative, nervous system rebalancing, spasmolytic, cardiac regulator, used in particular against insomnia and depression
essential oil Petitgrain bigaradier (Citrus aurantium) with calming, balancing, sedative action helps to fight anxiety, restless sleep, night awakening

Organic Relaxing Massage Oil

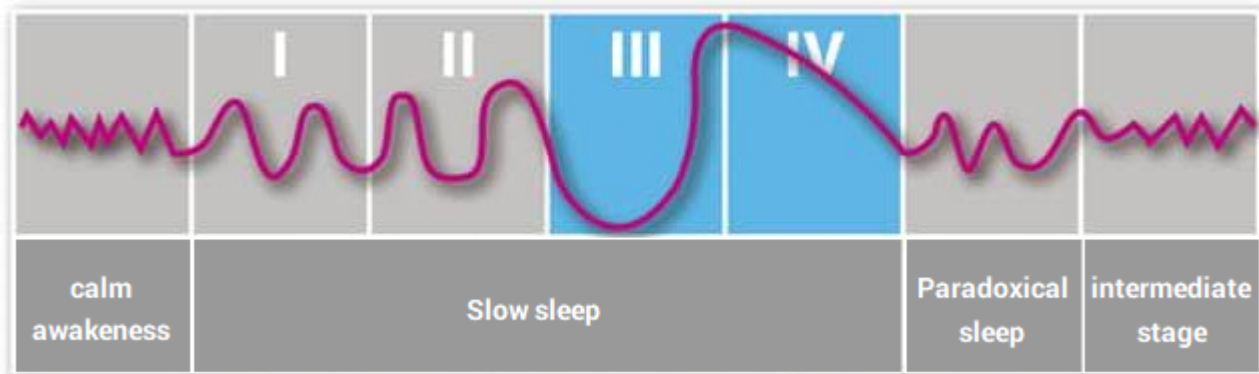
Relaxing massage oil will help to relieve your tension and make it easier to fall asleep. This composition contains a synergy of essential oils that provide immediate psychological relief and help to rebalance the nervous system. Relaxing massage oil can also be used against children's sleep disorders (restless sleep, nightmares).

Is deep sleep important?

Deep sleep can be defined as the phase of slow sleep that precedes the onset of REM sleep (Rapid Eye Movement Sleep). When sleep becomes deep, the frequency of brain waves decreases, as does body temperature, breathing frequency, pulse or blood pressure.

The individual goes through several stages to reach deep sleep after falling asleep. First, the alpha waves in the brain are gradually replaced by theta waves (stage 1). Then, the electroencephalogram trace becomes irregular and waking up becomes more and more difficult (stage 2).

When sleep deepens further, delta waves appear and muscles are more relaxed (stage 3, medium deep sleep). When sleep becomes deep, the electroencephalogram is dominated by delta waves from 1 to 4 Hz (stage 4). The activity of the smooth muscles of the digestive tract increases. It is usually during this deep sleep that enuresis or somnambulism may appear.



Characteristics

Deep slow sleep is characterized by very slow electrical waves. The activity of vital functions slows down significantly: decrease in heart and respiratory rhythm – decrease in body temperature. At this stage, muscle activity and eye movements almost disappear.

Duration

The time of deep slow sleep represents about 40% of the total time (about 90 minutes) www.doctissimo.fr/html/psychologie/bien_dormir/ps_6205_sommeil_cycles.htm. It typically starts about 35-45 minutes after first falling asleep, its duration is longer at the beginning of the night. It decreases with age in favor of phase 2 (light slow sleep).

Role

Deep slow sleep promotes hormonal secretion, especially in children, of growth hormone. Its role is also to strengthen the effectiveness of immune defenses and memory.

When deep sleep is disrupted

Slow sleep has a restorative role for the body: when the individual lacks sleep, slow sleep tends to last longer in the early night.

How to get more deep sleep

Regular bedtime schedules

Maintaining regular hours of sleep, even on weekends and days off, helps us to get into deep sleep more easily. Sleep needs vary for each person but an estimated average of 7 and 9 hours per night is generally such as a sufficient compensatory rest time. And if you decide to change your sleep routine, give your body at least a few days to get used to the change.

Spreading essential oils

The sense of smell is very important when setting up a routine. Using a diffuser of lavender, bergamot or lemon essential oils before bedtime can send a signal to the body that it is time to get ready for a good night's sleep.

Relax your feet

Feet cannot be compared to the rest of the body, because they support the body weight all day long. Our feet work hard, especially when we exercise, and they deserve a moment of relaxation at the end of the day. Apply a generous amount of cream or oil and massage your feet every night before going to

bed.

Turn off screens

Studies have shown that exposure to blue light from screens during the evening can disrupt our biological clock. The production of melatonin and cortisol, the hormones that regulate sleep, is delayed, and falling asleep can become more difficult. Try to turn off electronic devices for one to two hours before closing your eyes.

Keep a notebook as an ongoing record and reminder of your daily activities

You don't need to have a particular talent for writing: you can keep a journal by writing just a few lines in the evening. This activity allows you to "debrief" your day, and to fall asleep with a lighter heart. Even the simple fact of noting three positive things, for which you are grateful, that happened during the day helps to calm your mind and help you sleep better.