

Sleep Well

Solving for a better quality of life and peak performance.

It may seem like a lot to spend a third of your life sleeping, but not getting enough goes way beyond feeling tired. Lack of quality sleep impacts every aspect of your health—from how much energy you have throughout the day, let alone to exercise, to focus, concentration, mental clarity, memory, hunger signals, hormones, metabolism, and even biological age and healthspan. It effects all this and much more.

For many people, getting better sleep isn't simply a matter of going to bed earlier. Many adults have the best of intentions, but their plans are thwarted when they can't get their brain or body to settle down at night. If you've tried your best to improve your sleeping habits but can't seem to get better sleep, then you might try a few of these sleep hygiene suggestions.



Timing

- Follow a consistent schedule. Go to bed and wake up at the same time, even on weekends, to set your body clock.
- Be active during the day. Regular exercise greatly improves sleep, just not too close to bedtime so you settle down easy.
- Caution with daytime naps, make sure not too long or late.
- Avoid stimulants like coffee, energy drinks, nicotine, or supplements after noon time and especially closer to bedtime.
- Avoid spicy foods and heavy meals later in the day.



Quantity

Consistency is key. Observe wake time mood, behavior, cognition to determine if you are getting the right number of hours.

- Toddlers: 12-16 hours/night
- Kids: 9-12 hours/night
- Teens: 8-10 hours/night
- Adults: 7-9 hours/night



Exposure to Light

- Get plenty of exposure to natural light, especially first thing in the morning to cue your circadian rhythms and set your body clock.
- Limit light before bedtime, especially from devices. Turn down the lights in the house and bedroom. No artificial or blue lights 30+ mins before bedtime. Use red lenses to help.
- While sleeping, keep it dark to help with the release of melatonin. Wear an eye mask if needed to block light.



Bedroom Environment

Create an optimal sleeping atmosphere by focusing on the elements you can control. You may find that a new pillow or updated mattress does wonders for your bedtime routine.

- Lower temperature.
- Have comfortable bedding.
- Make it dark using blackout blinds.
- Diffuse calming essential oils aroma.
- Have it quiet or drown out noises with a sound machine.
- Place furniture so you can see the door for a sense of safety.
- Avoid exposure to EMFs; plug in phone, etc. elsewhere.



Bedtime Routines & Ritual

Train your body to go to bed. Use sights, sounds, smells, and rituals as cues to trigger your body and mind to settle down. Remove distractions. Turn off devices 1-2 hours before bed. And do any calendaring or planning before coming to bed.

Typical Routine

- Relax your body. Play soft music, stretch, take a warm bath, or have a cup of chamomile tea. Take **Serenity® Softgels**.
- Prepare your environment. See ideas. Diffuse **dōTERRA Serenity®** blend starting 30 mins. before bedtime.
- Engage in a consistent self-care routine. Apply **Serenity® Stick**.
- Settle in. Read, journal, meditate, pray. Process the events from your day to improve the quality of your night.

Deal with Nighttime Wakefulness

- After 25-30 mins., get up to break any association with the bed and wakefulness.
- Go to another room. Read or journal to overcome troubling or whirling thoughts causing wakefulness. Don't eat.
- Return to bed when sleepy.



Quality

Assess your needs to personalize your routine.

- Bedtime routines, preferences, and needs are different for everyone. Figure out what's right for you.
- Recognize if you have specific health concerns that keep you from falling or staying asleep (e.g., aches, pains, digestive or respiratory discomforts) and add needed support for relief and resolve. Discover what essential oils and wellness products best serve you to customize your solutions. Incorporate them into your AM and PM routines.
- Mitigate disruptions and distractions such as a crying baby or a restless child by supporting their needs as well.



Sleep Tracking

- Record observations, noticing consistent patterns (e.g., biggest disruptors, wake at same time or certain stage of sleep, what solutions made the biggest difference).
- Wear a tracking device to gather your own sleep statistics and come to viable personal conclusions (e.g., watch, ring).
- Take action, implementing new strategies to solve issues.

Solving for Sleep



dōTERRA™ Serenity Sleep System Three Step System for a Comprehensive Approach to Optimize Quality and Quantity of Sleep.

- Three powerful products for a comprehensive, synergistic approach.
- Studies prove more powerful and effective when used together.
- Well-researched, historically-proven, best of modern science.



In You - Internal Serenity® Softgels Restful Complex with Tart Cherry For Rest & Sedation

For internal use to support healthy relaxation, making it easier to fall asleep and stay asleep.* Enhances all stages of the sleep cycle, including deep sleep to promote a calming night of quality rest.*

CONTAINS:

- Tart cherry—provides non-habit forming, low dose, naturally-occurring melatonin and tryptophan.*
- L-theanine—boosts brain's alpha waves by increasing GABA concentrations.*
- Lavender essential oil and other calming botanicals.

TO USE:

Take 1-2 softgels 30 minutes before bed to

- Help make a difference in quality and ease of going to sleep.*
- Encourage peaceful, refreshing sleep without feeling groggy or sleepy the next day.*
- Calm nervous system while helping to improve mood by reducing stressful and occasionally anxious feelings.*



On You - Topical Serenity® Stick with Restful Blend and Valerian essential oil

An ideal complement to any bedtime routine to create a calming atmosphere, promote relaxation, and encourage a good night's sleep.

- Sophisticated aroma that is inviting, calming, relaxing, grounding, and comforting.
- Contains the active compound valerenic acid that effects GABA and serotonin receptors and has been shown to improve sleep quality.
- Convenient roll-on for transdermal delivery; smooth and easy to apply.
- Quick absorption, moisturizing to skin.
- Staying power to prevent migration.
- Invites healthy touch before bed.

TO USE:

Roll on wrists, neck, shoulders, chest, abdomen, and bottoms of feet. Inhale.

Hack: Add a few drops of Serenity® blend to potentize.



Around You - Aromatic Serenity® 15 mL Restful Blend For Unwinding & Tranquilizing

A blend of calming florals, grounding woods and roots, and relaxing leaves and seeds combined to harness the powerful effects of blended single oils for a unique aromatic experience.

Use alone or as a concentrate to customize, spike, and enhance any bedtime ritual and to promote the capacity to relax, rest, and release tension and emotions at the end of every day to start fresh on every morning.

TO USE:

- Apply on bottoms of feet, neck, shoulders, forehead to quiet anxious thoughts, promote restful sleep.
- Add 5-10 drops + Epsom salts to warm bath for peaceful and renewing aroma.
- Diffuse or inhale from palms to lessen feelings of tension and decrease stress.
- Wear during the day as a calming personal signature scent.



Serenity® Sleep System
\$66 50PV



Take



Apply • Massage • Soak



Diffuse • Inhale

Benefits of the Serenity™ Sleep System

- Create an optimal sleeping environment, promote a restful nights' sleep, and relieve occasional sleeplessness.
- Help wind down and settle the heart and mind before going to sleep.
- Invite relaxation and calm emotions.
- Lessen feelings of tension and stress during daytime activities.
- Help promote feelings of relaxation, tranquility, and peace.
- Calm the mind and offer reprieve or relief from stressful or overwhelmed thinking.
- Escape to retreat from life's stressful circumstances.

