

# Essential Oil Therapies

## Sleep Well with Young Living



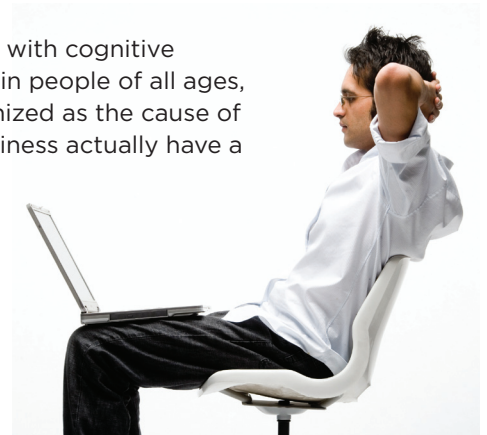
For a host of reasons, more than 100 million Americans aren't getting adequate amounts of sleep at night. Failure to drift into dreamland isn't only making us feel extra tired when the alarm clock sounds - it is impacting our daytime activities as well. Going throughout the day deprived of sufficient rest isn't just distressing adults either, classrooms across the country are filled with bleary-eyed children trying to process new information while all their brains want is to rest.

The Sleep in America poll conducted in 2005 shows a downward trend in sleep time over the past several years for both adults and children. According to the survey, adults are short on sleep by one to one and one-half hours each night, often due to working at home or using the Internet in the evening. Other common causes leading to sleep deprivation are stress and worry; having a physical illness that causes pain; environmental noise; caffeine, alcohol and medication side effects; depression and shift work.

## Sleepless Side Effects

According to the Cleveland Clinic's Sleep Disorder 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 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."

With the detrimental effects of not getting enough sleep during the night, it has become crucial to take the necessary precautions when it comes to ensuring that we get the rest we need. There are many so-called solutions on the market today, including sleeping pills, over-the-counter sleep aids and medications that have severe side effects. These could end up doing more harm than good. Young Living offers several natural, safe solutions to the sleep deprivation problem that is sweeping the nation.



**RutaVaLa:** This blend is a proprietary blend of Ruta graveolens (rue), lavender, and valerian essential oils that promote relaxation of the body and mind.



**SleepEssence:** A sleep-enhancing combination of lavender, vetiver, valerian, and Ruta graveolens essential oils with the hormone melatonin, a well-known sleep aid.



**Lavender:** This essential oil may be the original sleep aid. Its soothing, relaxing properties have lulled people to sleep for millennia.

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Publisher Sound Concepts  
Email [ylwellness@soundconcepts.com](mailto:ylwellness@soundconcepts.com)  
Phone 800.524.4195 Online <http://ylwellness.com>  
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## The Young Living Sleep Solutions



Insomnia is traditionally listed as the number one sleep disorder in America. According to the Cleveland Clinic's Sleep Disorders Center, about 50 percent of adults experience intermittent insomnia, while one in 10 complain of chronic insomnia. Restless Leg Syndrome (RLS) is another common, very disruptive sleep disorder. The tingling, pulling and painful sensations associated with RLS make it very difficult to sleep.

While these and other disorders are keeping us up at night, Young Living has developed numerous products that help you fall asleep more easily and get the rest you need in order to be at your best throughout the day. If you're having trouble sleeping at night, check out Young Living's essential oils and oil-enhanced products that promote optimal rest.

### Testimonial

"Restless Leg Syndrome had been ruining my sleep for years. It came with such irregularity and always seemed to bother me when I couldn't afford to lose a night of sleep. The first time I tried Peace & Calming essential oil blend, I thought I would be getting right back up to walk the floor as usual. But I had no more shaking. The same thing happened with subsequent uses of Peace & Calming. I put 2 to 3 drops of oil behind each knee and head back to bed for a great night's sleep."

- Peggy F.



Peace and Calming:  
Helps put an end to Restless Legs Syndrome.



MegaCal: This nutritional supplement also provides excellent relief from RLS. It's a proprietary blend of minerals - calcium, magnesium, zinc, manganese and copper, plus vitamin C. Take just before bedtime.



Progessence Plus Serum is also helping many women sleep better. As it replenishes the body's depleted stores of progesterone, it helps to rebalance the hormones for overall better health.



**James Niederland, LCSW**  
**Psychotherapist/Wellness Consultant**

PHONE **201.906.2994**

EMAIL [oilman@essentialoiltherapies.com](mailto:oilman@essentialoiltherapies.com)

[www.essentialoiltherapies.com](http://www.essentialoiltherapies.com)

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