

## Scented Sleepy Time Pillows

A simple and easy night time ritual involves placing a few drops of essential oils onto a couple of cotton balls and tuck them in both sides of your pillow just underneath the pillow case.

Some folks prefer to add a few drops to their pillow case themselves. Although most essential oils will totally evaporate, some will leave a slight color due to pigmentation in the distilled oils. So dropping directly on a pillow case (especially a white one) would not be encouraged.

Most people will fall asleep and relax more easily with [Lavender](#), [Roman chamomile](#) or a simple blend of these two essential oils.

These two essential oils are safe for anyone of any age – including infants. Although most babies never have problems sleeping when safe and warm in Mom or Dad's arms.

For infants do not put any essential oils on there bedding at all. But you can diffuse a very small amount say, 1 or 2 drops near their bed.

For older children and adults you can use the cotton balls tucked in the pillow case. Or make a [linen spray](#) and lightly spritz the pillows and bedding about 20 minutes prior to bedtime.

Personally I like using a blend of our [Calming](#) and our [Peaceful](#) synergy blends. These are dropped onto a [Terra Cotta Disc](#) and placed near the head of our bed (we have a bookcase headboard). You may have a night stand you can place them on. Make sure you have one for your bed partner too, you don't want them to feel left out!

With holiday guests and folks that are not used to sleeping in your home, a relaxing, calming light scent may make their stay much more enjoyable. They may have one of the best nights of sleep they have had in a while.

When folks unfamiliar with your home spend the night, a simple way to diffuse scents is to use a [Nightlight on a dimmer](#). Put a drop or two of essential oil in to the bowl with the [soy wax tart](#) and turn it on high until the wax is melted then turn the light down. The essential oil will slowly diffuse and the night light will be a welcome light source for those unfamiliar with your homes light switches.

You may have your favorite oil to use to relax and drift off to sleep but if you don't you may want to experiment to find what works for you and your family.

Nighty, night and don't let the bed bugs bite (oooo a subject for another tip of the week!)

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