

## Fall Back and Spring Ahead - talking about Time of Course!

Yep it's almost time to change the clocks again.

Some folks do fine when the clocks change from daylight saving to standard time or vice versa, but many folks do not.

Do you have a hard time adjusting to the time changes every Spring and Fall?

Don't worry you are not alone. For many of us - including Al and Penny, it can take several weeks to adjust to this hour difference in our schedules. And not only people but animals have to adjust too.

As we prepare to make the transition easier we are slowly adjusting our bedtime and rising time so we will be able to make the final adjustment easier. This time of year (the fall) we go to bed about 5 minutes later changing it every three days. And get up 5 minutes later too.

We have been making the adjustment since the first of October. Now it's not just for us but we have pets, little puppies that are still being house and night time trained so since I don't want kennel accidents we are making the adjustment with them too.

Once the clocks have actually changed we will use a few essential oils to help the transitioning further.

At bedtime - we'll use [Lavender](#) on our pillows and take a warm bath with a little of our Calming or Relaxing blend in the water or diffused in the bathroom and occasionally the bedroom.

Mornings might be a little easier and gets us moving by diffusing a little [Citrus or Mint blend](#). [Grapefruit](#) and Spearmint are my favorites. Some people need something a little more potent, like our [Concentration blend](#) that is a mix of [Lemon](#), [Basil](#) and [Rosemary](#). This blend will kick start their brains and may help them function better earlier in the day and help them be more alert that this essential oil combination brings.

Experts say it takes the body about 3 weeks to adjust to these time changes - personally I think it can take closer to 6 weeks to 2 months if you don't do a little preparation as Al and I are doing. We know that we will be repeating the procedure (in the opposite way) next spring. But it makes it so much easier on us and on our dogs that it is well worth the effort.

If you can't make the slight time adjustments due to work (and school) schedules you can still use several essential oils to help you until you are readjusted. We, too, will continue to enjoy the smell of these wonderful essential oils.

Try this Bedtime - Sleepy time Recipe to Spray on your Pillows. This is also a great blend to use when guests come too, as they may have a hard time falling asleep. One of our readers tells us this recipe works great!

"Sweet Dreams Too!" - a pillow spray

[Linen Spray base](#) -2 oz

[Lavender](#) - 8 drops

[Chamomile](#) - 4 drop

[Mandarin](#) - 4 drop

[Ylang ylang](#) - 4 drop

[Polysorbate 20](#) - 20-25 drops

First, blend essential oils together with the emulsifier ([Polysorbate 20](#)) . Then add to the Linen Spray Base and Shake well Spritz on pillow cases. Let dry. This blend is best if sprayed on the pillows about 30 minutes to 1 hour prior to bedtime.

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**Aromatherapy Tip of the Week**

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