

In this newsletter we will try to help you further your knowledge and use of essential oils.

## Physical ailment

### It's Time to Change our Clocks - oh great more Disrupted Sleep!

by Penny Keay

Do you have a hard time adjusting to the time changes?

You are not alone. For many folks, including ourselves, it can take several weeks to adjust to this one hour difference in our busy schedules. To help cope with this change there are a few things you can do.

As mentioned before in other articles about sleep and falling asleep the best remedy often times are served by sticking to a special or specific bedtime routine. This routine signals our body that we will soon be heading off to bed and sets our mind into relaxation mode.

For us, our normal bedtime routine starts with placing **Lavender** on our pillows. This routine is especially followed during the week prior to the time change and then for the next week or so.

Take a warm bath with a little of our **Calming** or **Relaxing** blend in the water or **diffuse** it in the bathroom also helps to trigger the body and mind to know that soon it will be time to head off to bed.

If the **Lavender** doesn't seem to work on our pillows you can try to use one of our sleep inducing blends – usually **Bedtime Bliss**. If that doesn't seem to help (which is rare) then do add a little of our **Sweet Dreams Blend**. Both of these blends utilize essential oils that help to make you feel calm and are almost sedative. Because these two blends can be very strong, we suggest you put just a couple drops on a **Terra Cotta disc**. That way if they become to overpowering you can simply take the disc and remove it from the room.

What is the essential oil that does that? **Valerian** Many folks may be familiar with Valerian Root the herb which is very well known for helping folks to relax and fall asleep. Well, Valerian essential oil has very similar properties and does the same thing too – only it really isn't that pleasant of a scent.

Although you could diffuse **Valerian** pure essential oil you may not enjoy its pungent aroma. AND only use 1 drop for an average size bedroom. We suggest you use the above Synergy blends first as they just smell so much more pleasant.

Okay you slept but now you have to get moving in the morning! You might have thought you got an extra hour of sleep when it is the 'fall' time change. But because you weren't ready to go to bed and asleep the night before you may actually feel worse for a few days.

To get going in the morning a little **Citrus Mint blend**. **Grapefruit** and **Spearmint** are favorites. Some people need something like our **Concentration blend** that is a mix of **Lemon**, **Basil** and **Rosemary** to kick start their brains and in turn they can function better being more alert this combination of essential oils will bring.

They 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. Gee Whiz, we just get into the new time change and well its back to the other time.

In the meantime, continue to enjoy the smell of these wonderful essential oils.

Try this Bedtime – Sleepy time Recipe to Spray on your Pillows, especially if you don't want to smell just plain **Lavender**.

This pillow spray is great for when guests come too and may have a hard time to fall asleep. One of our readers tells us this recipe works great!

#### **"Sweet Dreams" - a pillow spray**

**Linen Spray** – 2 oz  
**Lavender** - 4 drops  
**Roman Chamomile** -2 drops  
**Orange** - 2 drop  
**Ylang-ylang** - 2 drop

To the 2 oz bottle of Linen Spray base add the essential oils then Shake well and spritz on pillow cases about 20 minutes prior to going to bed. Let dry. This blend is also great to use when you have overnight guests.

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