



Sleepy Time

Get your rest!

By Gioya McRae

Sleep is nature's way of allowing our bodies to rejuvenate and function optimally. It fortifies us emotionally and mentally. After a good sleep, we awaken alert, energized, and balanced. Believe it or not, an extra hour of sleep can be better for our overall health than one hour in the gym!

- If you are having trouble sleeping or awaken unrefreshed, try some of these solutions:
- Avoid stimulating agents such as nicotine and caffeine – that includes coffee, tea, soft drinks, and chocolate.
- Develop a sleep routine: going to bed at the same time; rituals such as having a cup of relaxing tea and then washing up, and the like.
- Avoid late night heavy meals. However, a light snack at bedtime may be helpful.
- Avoid alcohol late in the day. It can cause waking in the night and impairs sleep quality.
- Consider having a glass of warm milk, or a cup of chamomile tea before bedtime.
- Limit your bed activities to sleep and sex. If you use your laptop in bed, your mind will associate your bed with work, not rest.
- Put a couple of drops of Lavender Oil on your pillow to relax your mind and body.

What can we learn?

Lavender

Essential Oil of Lavender:

Lavender is one of the most relaxing of the essential oils. It is the most versatile oil. . . calming, healing, safe for kids, and is a sleep aid. It is also useful in treating wounds, burns and for skin care. Lavender is great to use when you are stressed, have insomnia, acne, infection, anxiety, depression, headaches or fatigue. Unlike most essential oils, lavender can be applied undiluted. It is with good reason lavender oil is one of the most favorite essential oils.