



Helpful Tips for a Good Night Sleep

Take a warm bath or shower before bed

Use relaxing essential oils in a diffuser over night and/or in the evening

Use Amazing Oils Magnesium Night Lotion

Do a meditation or mindfulness practice before bed

Switch off your devices an hour or more before bed

Read a relaxing book before bed

Do some craft/colouring or creative pursuit that takes you away from the mind

Drink a herbal sleep blend an hour or two before bed

Write down your concerns/thoughts onto paper, releasing them from your mind (let the words flow until you feel you are done)

Spray a lavender or sleep blend onto your pillow

Take three deep breaths (Breathe in, hold for a moment, breath out, repeat two more times)

Speak to your GP about concerns that are overwhelming or you do not feel you

Can manage yourself.