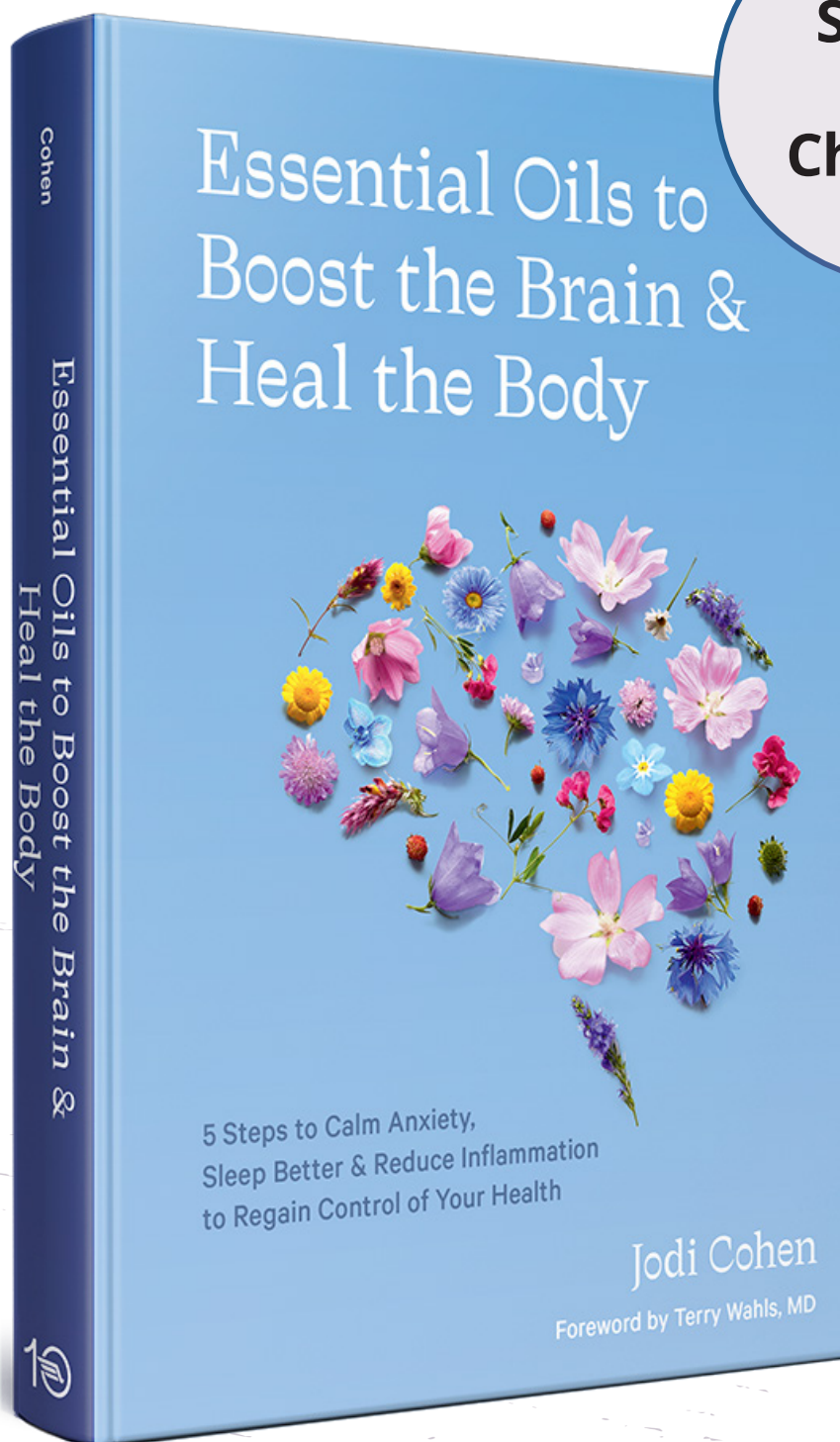


Essential Oils to Boost the Brain & Heal the Body

**Special
Sleep
Checklist**



Jodi Cohen

Bestselling author, award-winning journalist,
functional practitioner and founder of Vibrant Blue Oils

Identify the Root Cause of Your Sleep Challenge

If you are not sleeping, you cannot heal.

Restful sleep, defined as the ability to both fall asleep and stay asleep, allows you mind and body to relax, recover and repair so that you stay mentally and physically healthy. During sleep, your body detoxifies, balances blood sugar levels, burns calories and resets energy reserves. Without restful sleep, you may feel fatigued and your body compensates with cortisol spikes, sugar cravings and other tricks to keep us awake and functioning.

There is also growing evidence that sleep cycles impact other cycles in the body including the rhythmic patterns of the digestive and immune systems. When we sleep, the brain produces 90 minute cycles of slow wave sleep. This is followed by periods of rapid eye movement (REM) during which dreams occur. During the night, the gut also produces 90 minute slow wave muscle contractions which are followed by short burst of rapid movement. Poor sleep cycles can disrupt this digestive function and the healing process within the gut.

In order to really solve sleep challenges, you need to look at the underlying issues. There are a few core issues that can impact your ability to fall asleep and stay asleep, including:

Trouble Falling Asleep

If you struggle to fall asleep or experience racing thoughts or worries while lying in bed, indicate an imbalance in the body's natural sleep and wake cycles, known as the circadian rhythms. Triggering the natural release of melatonin may help return the body to balance and as an added perk, helps to modulate and balance the release of the stress hormone cortisol.

Night Waking

Nighttime waking, awakening shortly after falling asleep or waking up throughout the night, can often be attributed to:

Blood Sugar Sleep Issues

Waking up in the middle of the night and feeling so wide awake that you could go clean the kitchen can suggest blood sugar issues. If blood sugar plummets during the night, the adrenal glands release adrenalin as an emergency blood sugar raising tactic. This adrenalin surge is what wakes you up. The pancreas then has to kick into high gear to return blood sugar levels to normal. Supporting the pancreas with essential oils may help return the body to balance so you can fall back asleep.

Liver and Gall Bladder

When you wake up between 1 a.m. – 3 a.m. but are still groggy enough to fall back to sleep, that is often because the detoxification organs (Liver and Gallbladder are overloaded). During the night, the liver is busy rebuilding the body and cleansing it of accumulated toxins. The liver is most active between 1 - 3 AM, often peaking at 3 AM. When you awaken at this time, it is often a signal that the liver needs a little support. Supporting the liver Support and gallbladder with essential oils before bed and during night waking can help you return to a restful slumber.

Hormonal Issues

Hormonal ups and downs from menstruation, pregnancy, and midlife fluctuations can impact sleep. For example, the hormone progesterone promotes restful sleep and a drop in estrogen can leave you more vulnerable to stress. Similar to blood sugar events, hot flashes are also caused by a rush of cortisol that alerts your mind and wakes you up.

*Once you understand
WHY you are not sleeping,
you can target the right
solution to improve sleep.*



Sleep Checklist



TROUBLE FALLING ASLEEP

If you answer yes to one or more below, your circadian rhythms may be out of balance and you might benefit from CIRCADIAN RHYTHM blend

- | | |
|--|---|
| <input type="checkbox"/> Difficulty falling asleep | <input type="checkbox"/> Energy drop between 4 and 7 in the afternoon |
| <input type="checkbox"/> Tend to be a "night person" | <input type="checkbox"/> Get sleepy in the winter, especially as the light diminishes |
| <input type="checkbox"/> Tend to be keyed up, trouble calming down | <input type="checkbox"/> Don't remember dreams |
| <input type="checkbox"/> Clench or grind teeth | <input type="checkbox"/> Wake up wide awake |
| <input type="checkbox"/> Difficulty waking up in the morning | |
| <input type="checkbox"/> Don't feel well rested after sleep | |

TROUBLE STAYING ASLEEP – LIVER

If you answer yes to one or more below, your circadian rhythms may be out of balance and you might benefit from LIVER blend

- | | |
|---|---|
| <input type="checkbox"/> Wake up between 1 – 3 a.m.? | <input type="checkbox"/> Sensitive to smells, like tobacco smoke? |
| <input type="checkbox"/> Become sick or easily intoxicated when drink wine? | <input type="checkbox"/> Pain under right side of rib cage? |
| <input type="checkbox"/> Easily hung over when drink wine? | <input type="checkbox"/> Hemorrhoids or varicose veins? |
| <input type="checkbox"/> Long term use of prescription/recreational drugs? | <input type="checkbox"/> Chronic fatigue or Fibromyalgia? |

TROUBLE STAYING ASLEEP – BLOOD SUGAR

If you answer yes to one or more below, your circadian rhythms may be out of balance and you might benefit from PANCREAS blend

- | | |
|--|--|
| <input type="checkbox"/> Awaken hours after going to bed? | <input type="checkbox"/> Need stimulants such as coffee after meals? |
| <input type="checkbox"/> Find it difficult to go back to sleep? | <input type="checkbox"/> Feel like skipping breakfast |
| <input type="checkbox"/> Crave coffee or sweets in the afternoon? | <input type="checkbox"/> Slow starter in the morning |
| <input type="checkbox"/> Feel sleepy or have energy dips in afternoon? | <input type="checkbox"/> Chronic low back pain, worse with fatigue |
| <input type="checkbox"/> Feel fatigued after meals? | <input type="checkbox"/> Chronic fatigue, or get drowsy often |

TROUBLE STAYING ASLEEP – GALLBLADDER

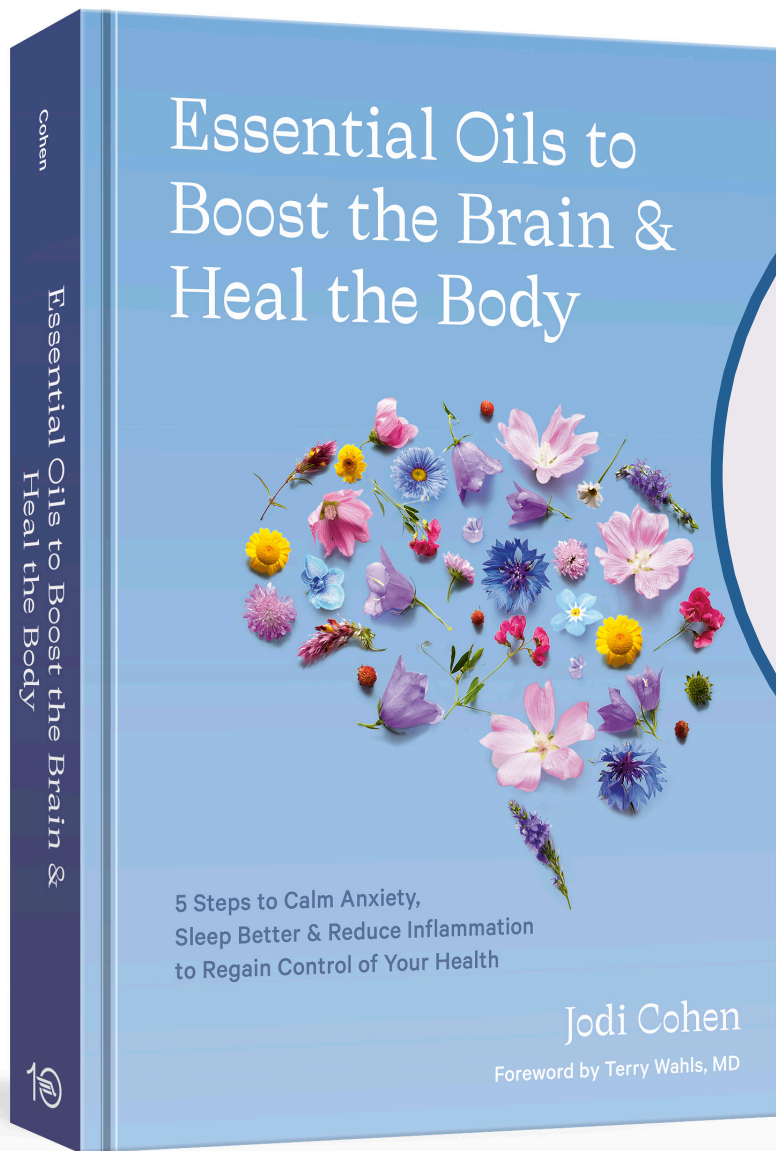
If you answer yes to one or more below, your circadian rhythms may be out of balance and you might benefit from GALLBLADDER blend

- | | |
|---|--|
| <input type="checkbox"/> Wake up between 1 – 3 a.m.? | <input type="checkbox"/> Nausea or motion sickness? |
| <input type="checkbox"/> Pain between my shoulder blades? | <input type="checkbox"/> Dry skin, itchy feet or peeling skin on the feet? |
| <input type="checkbox"/> Stomach feels upset by greasy foods? | <input type="checkbox"/> Mild headache over eyes? |
| <input type="checkbox"/> Stools are greasy, shiny or float in the toilet? | |

TROUBLE STAYING ASLEEP – HORMONE IMBALANCES

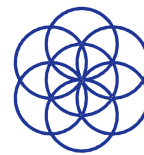
If you answer yes to one or more below, your circadian rhythms may be out of balance and you might benefit from GALLBLADDER or HORMONE BALANCE blend

- | | |
|--|---|
| <input type="checkbox"/> Heavy, painful or irregular periods | <input type="checkbox"/> Dry Skin or Brittle Nails |
| <input type="checkbox"/> Depression or anxiety | <input type="checkbox"/> Poor memory or word recall |
| <input type="checkbox"/> PMS, Moodiness or irritability | <input type="checkbox"/> Weight gain |
| <input type="checkbox"/> Hair loss and hair thinning | <input type="checkbox"/> Low libido |



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**vibrant
blue oils**

About Jodi Cohen

Jodi Sternoff Cohen is a bestselling author, award-winning journalist, functional practitioner and founder of Vibrant Blue Oils, where she has combined her training in nutritional therapy and aromatherapy to create unique proprietary blends of organic and wild-crafted essential oils. She has helped over 50,000 clients heal from brain related challenges, including anxiety, insomnia, and autoimmunity.

Her website, vibrantblueoils.com, is visited by over 500,000 natural health seekers every year, and she has rapidly become a top resource for essential oils education on the Internet today. Her first book "Healing with Essential Oils" is available on Amazon.com. Her new book "Essential Oils to Boost the Brain and Heal the Body" will be released March 16, 2021.

