

# Sleep

*Lack of sleep is a huge issue not only for our kids but their weary, stressed parents. Lack of sleep can take a huge toll not only on our physical health, but also on our mental health. Lack of sleep can cause irritability and mood problems like anger and depression, makes it difficult to focus and pay attention, impairs judgement, affects your memory and makes learning difficult.*



## What Can We Do?

- Keep to a sleep schedule
- Keep the bedroom cool
- Practice deep breathing
- Listen to some chilled music or guided meditations when you get into bed
- Exercise daily
- Turn off screens an hour before bed
- Don't go to bed hungry
- Use tart cherry juice or a Passionflower/Valerian tea as a pre-bed drink
- Have a calming Epsom salts bath (with essential oils) before bed
- Make sure your diet includes healthy fats, high antioxidant foods and quality proteins (especially at dinner). Also include foods high in Tryptophan (found in meat, fish, beans, eggs)
- Avoid sugar and refined carbohydrates, alcohol
- Include Omega 3 and magnesium (the 'relaxation mineral') supplements

## Effective Essential Oils to Support Sleep

- Lavender – calms, relaxes and sedates
- Roman Chamomile – calming, relaxing and sedating
- Vetiver – very grounding and promotes tranquility
- Ylang Ylang – reduces tension and can have a calming effect
- Frankincense – promotes feelings of relaxation and supports the nervous system
- Copaiba – helps soothe anxious feelings and calms and supports the nervous system
- Cedarwood – promotes relaxation and soothes the body and mind
- Bergamot – reduces feelings of stress and has a calming effect
- Clary Sage – stress relieving and promotes a restful night's sleep

For further information feel free to contact me - [kris@krisbarrett.com.au](mailto:kris@krisbarrett.com.au)

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I am not a Medical Practitioner. All information provided is my opinion and is purely for educational purposes only. Please consult a Medical professional before you make any changes to your diet or use any supplements or oils.