



## AROMATHERAPY AND INSOMNIA

Using Essential Oils to get a better night's sleep.

**Golden Rule** - Do not use too much. Too much will act as a stimulant and keep you awake. One or two drops is always enough for sleep time.

Why not order your essential oils from Culpepers. Use the link from our website [www.sleepwise.co.uk](http://www.sleepwise.co.uk) and get the best prices.

Essential Oil	Properties	Uses	Cautions
Benzion	Sedative Warming Relaxing	Worry Emotional Exhaustion Tension Bronchitis Coughs	Some people are sensitive to this oil
Clary Sage	Warming Relaxing Anti-depressant Lowers Blood Pressure Calms nervous system Aphrodisiac	Depression Headache Stress Digestive cramps Asthma High Blood Pressure Menopause	Must not combine with alcohol
German and Roman Camomile	Calms nerves Calms stomach Sleep inducing Good for Children	Insomnia Anxiety	Can cause dermatitis in some people
Jasmine	Relaxing Soothing Anti-depressant Sedative Aphrodisiac Expectorant	Insomnia Depression Apathy Nervous Exhaustion Stress Catarrh Breathing Difficulties	None known
Lavender	Calming Soothing to nerves Soothing to digestion Anti-depressant Pain Relieving Lowers Blood Pressure	Insomnia Depression Tension Headache Catarrh Stomach cramps Shock Earache	None known

Melissa	Relaxing Uplifting Lowers Blood Pressure Helps digestion Helps menstruation Helps nervous system	Insomnia Depression Nervous tension High Blood Pressure Indigestion Coughs Colds Shock Anxiety	Skin irritation is possible so only use small amounts
Neroli	Very relaxing	Insomnia caused by anxiety Depression Irritability Panic Shock	None known
Rose	Relaxing Soothing Aphrodisiac Nervous Tonic Digestive tonic Helps menstruation	Insomnia Depression Nervous tension Headaches Painful periods Nausea Asthma Loss of sex drive	None known
Sandalwood	Relaxing Aphrodisiac Anti-depressant Expectorant Calms digestion	Insomnia Depression Nervous tension Catarrh Colic	None known
Sweet marjoram	Warming Comforting Sedative Aids digestion Aids nervous functions	Insomnia Anxiety Colds Catarrh Intestinal spasms Muscular pain Joint pain Headaches	None known
Ylang ylang	Relaxing Aphrodisiac Anti-depressant Tones the nervous system Lowers blood pressure	Insomnia Depression Stress Nervous tension Excitability	None known