



## 10 TIPS TO INCREASE

# sleep for kids

If you and your children are not getting enough sleep, then follow these tips for better sleep.

1. **Create a Consistent Bedtime Routine** - Your children can benefit from a routine where you do the same preparations every night before bed. This gives their bodies signals to prepare to wind down and start relaxing for bed.
2. **Chill Out** - Try lowering the temperature in your home for bedtime. This actually signals the body to prepare to rest. Even a few degrees can tell your body that we're getting ready to snooze.
3. **Unplug** - The harms of using electronics for reading or entertainment right before bed include taking longer to go to sleep, less restful sleep, and increased tiredness upon waking. Turn them off!
4. **Diffuse Essential Oils** - These oils are great for sleep and safe for most children: Bergamot, Cedarwood, Frankincense, Gentle Baby, Geranium, Joy, Lavender, Chamomile (both varieties), Sandalwood, and Vetiver. See some recipe combinations below.
5. **Use a Bedtime Spray on all your Bedding** - Make a batch of Good Night Bedtime Spray. Spray the linens and under the beds of your little ones to help make them brave against the things that go bump in the night.
6. **Soak Away** - Give your kiddos a nice warm, relaxing lavender milk bath as part of their bedtime routine. The milk will nourish their skin while the lavender prepares them to relax into sleep.
7. **Keep Their Tootsies Toasty** - Wearing socks to bed can trick your body into sleeping better. So cover up your feet with some cute socks. (Also, don't miss the Sleepy Foot Massage recipe below!)
8. **Clear Their Minds** - Sleep comes best to those who are able to blank out their thoughts from the day. Anxiety can keep your kids from fully relaxing. So take Elsa's advice and encourage them to Let It Go!
9. **Sleepy Songs** - Music is proven to help people relax and drift off to sleep. Pick something without lyrics that isn't too exciting.
10. **White Noise** - Consider purchasing a White Noise Machine. They're perfect for zoning out sounds to prepare for sleep. Just make sure the white noise is not too loud, especially for babies.



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### SLEEPY TIME DIFFUSER RECIPE

#### Ingredients

- 1 drop Lavender essential oil
- 1 drop Peace & Calming essential oil
- 1 drop Frankincense essential oil

#### Directions

1. Combine oils in your diffuser. Add water as required by the manufacturer.
2. Diffuse beside your bed at least 15 minutes before bedtime to create a restful environment for dozing off to sleep.

### SLEEP TIGHT DIFFUSER RECIPE

#### Ingredients

- 1 drop Cedarwood essential oil
- 1 drop Lavender essential oil
- 1 drop Marjoram essential oil

#### Directions

1. Combine oils in your diffuser. Add water as required by the manufacturer.
2. Diffuse beside your bed at least 15 minutes before bedtime to create a restful environment for dozing off to sleep.

### NIGHT NIGHT ROLL-ON BLEND

*Yield 10ml bottle*

#### Ingredients

- 1 cute [10ml roller bottle](#)
- 2 teaspoons [fractionated coconut oil](#)
- 1 drop Orange essential oil
- 1 drop Gentle Baby essential oil
- 1 [waterproof label](#)

#### Directions

1. Combine the coconut oil and essential oils in the roller bottle.
2. Insert the roller attachment and lid.
3. Label with a waterproof label.
4. Store away from the reach of young children. Apply to the soles of the feet or on wrists for a peaceful way to drift off the sleep.

### SWEET DREAMS ROLL-ON BLEND

*Yield 10ml bottle*

#### Ingredients

- 1 cute [10ml roller bottle](#)
- 2 teaspoons [fractionated coconut oil](#)
- 1 drop Roman Chamomile essential oil
- 1 drop Geranium essential oil
- 1 [waterproof label](#)

#### Directions

1. Combine the coconut oil and essential oils in the roller bottle.
2. Insert the roller attachment and lid.
3. Label with a waterproof label.
4. Store away from the reach of young children.
5. Apply to the soles of the feet or on wrists for a peaceful way to drift off the sleep.