

eWellness magazine

“Tossing and Turning, Turning and Tossing”

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“Tossing and Turning, Turning and Tossing” (I tossed and I turned all night). Remember that song? It was written in 1965 and here we are in 2015 with sleep difficulties reaching an epidemic proportion. Women, men and even children are affected by this stressful condition. A good night’s rest is the foundation of health and well being. More and more

evidence points to lack of sleep as a contributor to declining physical, mental, emotional and spiritual health. Along with good eating habits, happy and healthy relationships, work we enjoy and exercise, a good night’s rest is an essential ingredient in our health regime.

When I started my practice as an aromatherapist, I did not know how prevalent an issue sleep difficulties were until one of my private clients asked that I create a blend to help her sleep. As my private practice grew and I launched my line, Essence of Vali the demand for the sleep blend also grew. That was 14 years ago and this blend continues to be the most popular.

Some people fall asleep easily and then wake up at 3 in the morning while others take many hours to fall asleep. These are the two common patterns. **Anything less than 7 hours of sleep is considered not enough. Even those of us who are good sleepers may not be getting enough rest.**



I believe that most of these difficulties are due to stress and also due to some of the foods we eat.

So, what can we do to cut down on stress levels and what are foods we should avoid to safeguard our sleep health? Please continue reading for some tips and a way to get started.

Substances to Avoid

Coffee, Soda and Alcohol: These are substances that affect our energy in some way – be it stimulating or sedative. Try drinking water and herbal teas, which contribute to your well being and create balance in your body, mind and spirit, rather than a roller coaster effect.

Sugar: The impact of sugar is a spike in energy and then “fall down” and a vicious cycle of “up” and “down”. There are many healthy treats that you can find in the health food store that can satisfy your sweet tooth without causing damage.

Nicotine: This one I think goes without saying.

Stress: I put this under “substance” because it has become a metaphorical substance in all of our lives. It is a common refrain – “I am so stressed out” that we all speak and hear on a regular basis.

How do we eliminate the toxin of stress? We can empower ourselves to significantly decrease its impact on our lives by doing things that ease stress levels.

See below for some of my ‘stress busters’

1. Restorative yoga (gentle yoga)
2. Exercise
3. Dancing
4. Listening to music
5. Talking to someone really positive
6. Writing in a journal



7. **Taking a bath**
8. **Positive affirmations**
9. **Drinking herbal tea, such as chamomile**



10. **Rescue Remedy or other bach flower essences**
11. **Aromatherapy**
12. **Getting a massage or self massage**
13. **Helping a friend or stranger**
14. **Acupuncture**



Other ideas for improving sleep.

Before I launched the Essence of Vali line of natural aromatic products, I had a private practice as an aromatherapist making customized blends for my individual clients. The most frequently requested formula was one that would be helpful for sleep issues. I never knew how common an issue this was until I was overwhelmed with requests for a sleep blend.

The original sleep blend of lavender, marjoram, cedarwood and ylang/ylang continues to be Essence of Vali's flagship product helping countless people get the rest they need each night. It is a powerful synergy with lavender and ylang/ylang helping to calm the nervous system, marjoram for anxiety and cedarwood for grounding (helping people get out of their head and the circling thoughts that can keep them awake).



It is available in several different delivery systems and sizes and gift sets. I have explained them below:

Sleep, A Bedtime Ritual is the most potent and is a pure blend of essential oils. A drop is put on the corner of the pillowcase. It can also be used during the day to ease stress levels.



Sleep Massage & Bath Oil contains the essential oil blend in a base of 100% pesticide free Jojoba. It is a wonderful treat at the end of the day in the bath or massage. Some people simply massage their hands and feet before bed to help relax into a peaceful sleep. I love bathing and adding

Epsom salts along with the oil.

Sleep Bedtime Balm contains the essential oil blend in a beeswax base. It is a highly transportable way to use the sleep blend. You simply dab it above the upper lip or on pulse points. Some people even use it as a lip balm.



Sleep Soothing Mist contains the essential oil blend in a distilled water base. It is mild and wonderful when misted on the pillowcase. Additionally, it can be used as an air freshener or body mist.

Essence of Vali products are mostly handmade at our aromatherapy studio in NYC. The bedtime balm is manufactured in Taos, NM. We only use essential oils that have been extracted from different parts of a plant. They contain a complex chemistry which give them their healing properties. Synthetic fragrance does not have the same value as plant essences (essential oils).

Along with our products, we recommend that people create a bedtime ritual or practice that helps them begin the relaxation process before they get into bed:

7 tips for better sleep

1. Keep a regular schedule in terms of when you go to sleep and when you wake up.
2. Do not eat a heavy meal before bedtime.
3. Keep sound and light out of your bedroom as much as possible.
4. Take a relaxing bath prior to getting into bed.
5. Use natural products instead of prescription medication or over the counter products.
6. Do some breathing exercises and listen to relaxation tapes
7. Do not listen to the news before bed

You deserve not only to get a great night's sleep each night, but also to maintain optimum health so that you can. The two, I believe go hand and hand. Start today on your (Sleep) Health Regime

because you are the most precious being on the planet.

About Author:



Valerie Bennis - aromatherapist , founder and president of Essence of Vali. She focuses on “essential oils” also known as “aromatherapy”. She loved all the ways the essences could be used – therapeutic, medicinal, beauty, and addressing all levels of mind, body, spirit. Contact Vali at Valerie@essenceofvali.com regarding her aromatherapy lecture series in NYC. She loves sharing information about essential oils and how to incorporate them into daily life.