

## SWEET DREAMS SLEEP SPRAY

*with essential oil*

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### How to use essential oil pillow sleep spray

- use as getting ready for bed
- shake well to mix before each use
- spray pillow, bedding, and/or stuffed animals lightly (try to not use too much or fabrics will get too wet and will run the chance of developing mold & mildew)
- *fall asleep quickly, sleep soundly, and stay asleep all night*

### Sweet Dreams Sleep Spray Recipe

**1. add 1/2 cup liquid to a 4 oz spray bottle ([like this](#))**

**3 options for liquid in pillow spray (pick one):**

**vodka** - this high proof alcohol has little to no scent and it evaporates quickly, which is great for a pillow spray. With this option, the fabric will dry the fastest.

**witch hazel** - has very little scent (especially when you use an [unscented witch hazel like this](#)) and it dries relatively quickly, although not as quickly as vodka

**water + Epsom salt** - no scent and least expensive option, but it does take the longest to dry, so *spray pillow and bedding very lightly.*

water = distilled water OR filtered water that's been boiled and cooled

add a pinch of Epsom salt to water to help essential oils mix a little better with water

**2. add 10 drops essential oil** (see my favorite combinations on the next page)

**3. put the sprayer top on and shake to mix well**

**4. put on a label**

## here are some of my favorite sleep spray blends:

4 drops lavender + 3 drops orange + 3 drops cedarwood  
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5 drops lavender + 3 drops bergamot + 2 drops vetiver  
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6 drops lavender + 4 drops marjoram  
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5 drops patchouli + 5 drops sandalwood  
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4 drops geranium + 2 drops cedarwood + 2 drops sandalwood + 2 drops lemon  
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4 drops geranium + 2 drops orange + 2 drops cedarwood + 2 drops vetiver  
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5 drops Roman chamomile + 3 drops bergamot + 2 drops frankincense  
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4 drops lavender + 3 drops sandalwood + 3 drops cedarwood  
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3 drops patchouli + 4 drops orange + 1 drop frankincense + 2 drops sandalwood  
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5 drops lavender + 5 drops cedarwood  
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3 drops lavender + 3 drops frankincense + 2 drops clary sage + 1 drop ylang ylang +  
1 drop vetiver  
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4 drops lavender + 4 drops cedarwood + 2 drops vetiver

In addition to using this pillow spray for a great night's sleep, I also love to use essential oils to help relax throughout the day and before bed. Here are a few of the ways I use essential oils to relax:

calming magnesium **body butter** ([find the recipe here](#))

homemade **Relaxation Rub** ([find the recipe here](#))

taking calming, detox **baths** ([15 easy DIY relaxing bath salt recipes](#))

using **roller bottle** blends ([find my favorite roller recipes for emotions here](#))

keeping **inhalers** in my purse so I can use whenever needed to combat stress and anxiety (it's really easy to [make essential oil inhalers – here's how](#))

calming **diffuser blends** ([find the recipes here](#))

## Which essential oils are best for getting a great night's sleep?

**bergamot** - Has a floral citrus aroma that I love! Like most citrus essential oils it's an adaptogen, meaning that it can be both uplifting and calming, depending on what your body needs at the time. And bergamot can also help calm and reduce anxious feelings.

**cedarwood** - This rest-promoting essential oil has a warm, woody scent that helps shut off the brain. It is both grounding and calming, promoting a great night's sleep.

**clary sage** - A natural sedative that gives a sense of calm and peace to help you fall asleep.

**coriander** - High in a chemical constituent called linalool, this essential oil works great at calming stress, anxiety, and sleep issues.

**frankincense** - Has a warm, spicy aroma that promotes feelings of peace, relaxation, and satisfaction. A great oil to use to help balance your mood. When combined with other oils, frankincense often enhances the properties of the other essential oils.

**geranium** - This soothing oil has been known to help ease anxious feelings, balance emotions, and bring a sense of peace.

**lavender** - Probably the most popular calming essential oil, widely used to relax the mind and body, relieve tension, soothe anxious feelings, and improve sleep quality.

**lemon** - Bright, happy scent that eases anxious feelings and boosts mood.

**marjoram** - Has a slightly spicy, warm aroma that calms and helps you release emotional stress and trauma.

**neroli** - Spicy citrus scent that has a calming, peaceful effect.

**orange** - Sweet citrus scent and, like bergamot, orange is also an adaptogen that can be either energizing or calming, depending on what your body needs.

**patchouli** - Musky scent is grounding and balancing for emotions.

**Roman chamomile** - Sweet floral aroma is calming and soothing to the mind and body, making it one of the most often used essential oils for sleep.

**sandalwood** - Rich, sweet and woody aroma instills calm and relaxation. It's soothing scent lessens tension, promotes emotional well-being, and has a meditative-like effect.

**tangerine** - Sweet, fresh scent that lifts spirits and eases anxious feelings and lessens tense, stressful feelings.

**vetiver** - This grass has a rich, exotic aroma that is extremely grounding for emotions. This oil is known for its sedative properties and is a great oil for deep sleep. It knocks me right out.

**valerian** - I do not care for scent of valerian. It smells like stinky feet to me, but it does have great natural sedative properties. It works well to blend a couple drops with other better-smelling essential oils.

**ylang ylang** - Strong floral scent with relaxing, sedative effects.

