

Are You Feeling Rested?

Learn one easy way to improve the quality of sleep you are getting, especially if you are a woman. By Jennifer Ioppolo

A good night's rest is vital to being energized, relaxed, and de-stressed for patients, team members, and family. We are productive, clear, and cheerful with deep rest. Many know from experience what not getting good sleep does to the mind and body in the following days – we suffer from fatigue, anxiousness, foggy thoughts, and mistakes.

A simple (and wonderfully aromatic) way to improve the quality of sleep you are getting is to place one drop of *lavender essential oil* on your pillow at night. This is an affordable technique that really works!

It has now been proven by scientific study (not just anecdotal) funded by the Sense of Smell Institute that *lavender essential oil* improves the quality of sleep in men and women. After testing the effect of lavender on nighttime sleep, Dr. Namni Goel's study, *An Olfactory Stimulus Modifies Subsequent Sleep in Young Men and Women*, found that lavender oil increased the amount of time subjects spent in slow wave or deep sleep, the restorative phase of sleep. The study also showed that it worked better for women and speculated that their better sleep ability may be due to the effects of reproductive hormones.

Lavender oil is also helpful with balancing the mood, quelling anxiety, and calming nervous tension. Keep a bottle at your operatory station – add 1 – 2 drops on a tissue and take a sniff when feeling anxious or stressed. It calms and relaxes the nerves almost instantly!

To improve sleep quality, try putting 1 - 2 drops of lavender oil on your pillow at night or use an electric Aroma-Stone diffuser – it safely disperses essential oils into the atmosphere flame-free. Be cautious, as some may experience an allergic reaction to the lavender oil if placed directly on the pillow. One can find 100% *pure* lavender essential oil through Patterson Office Supplies, online, or in local health food stores. Enjoy feeling rested and alert.