

Waking up Well – The Essentials

Preparing for sleep the night before is the place to start. Quality sleep vs quantity is vital. A busy mind leading to broken sleep does not allow for a fresh mind on waking. Try some of these simple steps to help you sleep well and then wake well.

- 1.** Use essential oils like Vetiver or Sandalwood in a vaporiser at bedtime to help you switch off and ground yourself so that you can enjoy quality sleep. Try vaporising my own “Sanity Saver” blend contain Vetiver, Geranium, Australian Sandalwood, Patchouli and Ylang Ylang. This simple and earthy blend stops your mind racing so that you can focus on one thing at once like sleeping. It helps to restore some peace and balance to your life during the busiest of times.
- 2.** Reduce intake of alcohol the night before.
- 3.** Sleeping in a cool and dark room, allows you to enjoy a more restful sleep.
- 4.** Not too many heavy refined foods at night as they can lead to sluggish feelings in the morning.
- 5.** Before you go to bed, write a quick note on any thoughts that are in your brain, getting them out allows you to release them until the next day.
- 6.** The most common time for heart attacks is Monday morning, get the works stresses out of your mind before you go to sleep and keep the pressures off your body.
- 7.** If you wake and you are sluggish, start with a cold shower or a brisk walk around the block, they both bring energy quickly to a tired soul.
- 8.** Roll over and enjoy a moment with your partner, don't just race off to get into the work day, even if you are busy and have to go take a moment to be with them and make your heart smile.
- 9.** Vaporise citrus or leaf essential oils like Orange, Lemongrass, May Chang or Grapefruit to enliven you and give you the maybe needed kick up the bum start to the day. These essential oils will help lift you physically and emotionally. Re-gain the feeling that you are really living and not just existing. Try vaporising my favourite morning blend I call it “Play More” and it contains Sweet Orange, Grapefruit, May Chang and Ginger essential oils.

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