

Sleep Support Cheat Sheet

Essential Oils for Sleep

Oil	How It Helps	How to Use
Lavender	Calms mind, eases tension	Diffuse before bed, apply to feet/wrists
Roman Chamomile	Soothes restlessness, reduces anxiety	Diffuse or apply diluted to chest
Cedarwood	Grounds emotions, quiets the mind	Diffuse or apply diluted to back of neck
Vetiver	Deep relaxation, reduces overthinking	Diffuse or mix into nighttime blend

Homeopathic Remedies for Sleep

Remedy	When to Use	Dosage
Coffea cruda	Racing thoughts, excitement keeping you awake	30c potency, 1 dose at bedtime
Nux vomica	Overwork, irritability, early morning waking	30c potency, 1 dose before bed
Arsenicum album	Anxiety, restless sleep after midnight	30c potency, 1 dose if needed at bedtime
Chamomilla	Irritability, restless children	30c potency, 1 dose at bedtime

Note: In homeopathy, "less is more." If improvement is seen, stop dosing and let the body respond.

Foundational Scripture

"I will both lie down in peace, and sleep; for You alone, O Lord, make me dwell in safety." — Psalm 4:8