

dōTERRA  
**Serenity**<sup>®</sup>

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# Sleep Course

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# dōTERRA Serenity® Sleep Course

As dramatic as it sounds, sleep deprivation can be fatal. Without sleep, a host of bodily functions begin crashing.

Getting inadequate sleep over time raises your risk for chronic health problems. It affects how well you think, react, work, learn, and get along with others. It affects your hormones and reproductive system, heart and circulatory system, metabolism, emotional response, respiratory system, and immune system.

The good news is that because sleep has such a broad and comprehensive impact on health, getting adequate quantity and quality of rest will support improvement in all of those areas!

The way you feel when you are awake is all about what's happening when you're not awake. During sleep, your body is working to support healthy brain function and maintain your physical health.

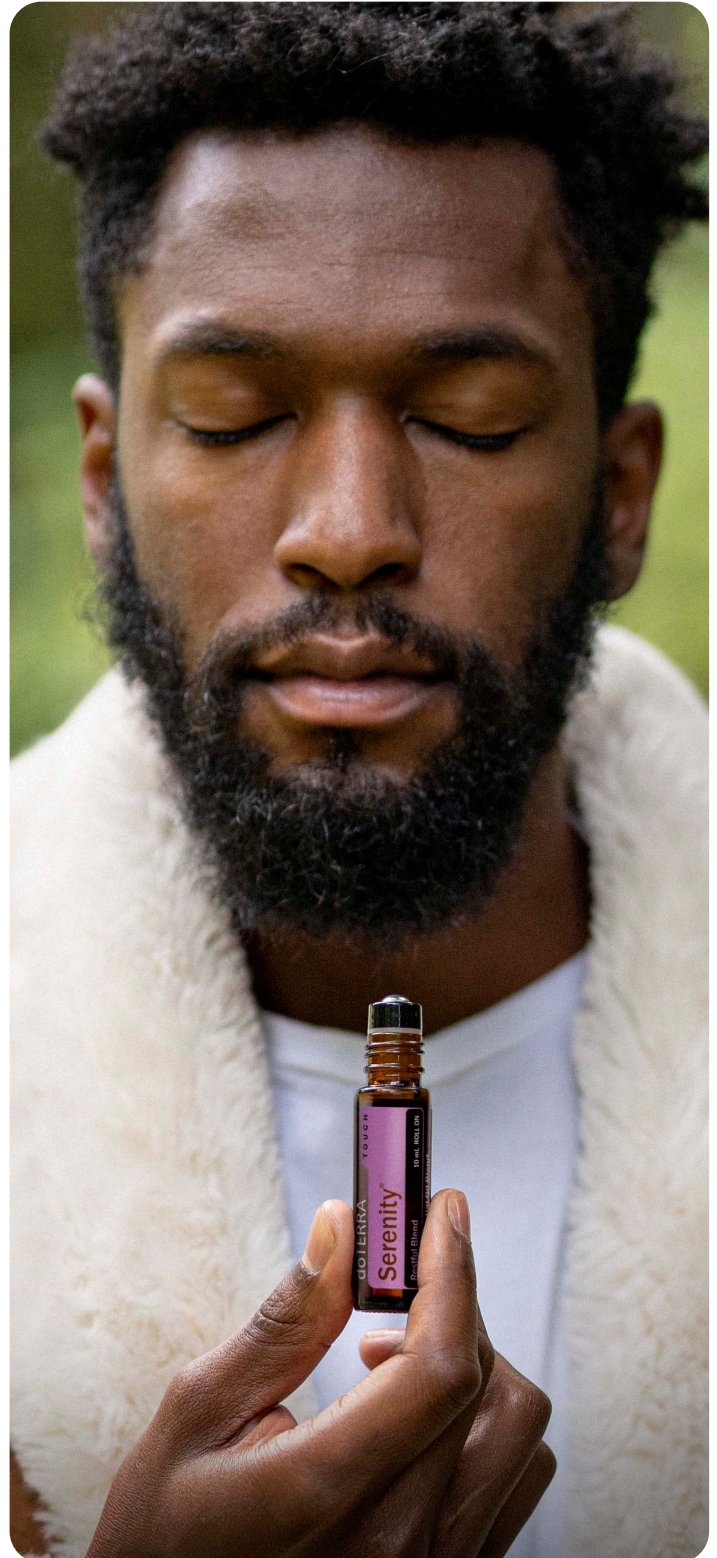
**It's time to talk about natural sleep solutions.**

**Step one** is dōTERRA Serenity oil.

**Step two** is the dōTERRA Serenity stick.

**Step three** is dōTERRA Serenity softgels.

You can count on the dōTERRA Serenity three-step system, combined with smart sleep hygiene habits, to get you the rest you deserve.



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Welcome!

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## Course Overview

**Welcome to the dōTERRA Serenity® Sleep course on the importance of sleep!**

Welcome to the dōTERRA Serenity® Sleep course on the importance of sleep! We are thrilled to embark on this journey with you as we explore the fascinating world of sleep and discover how essential oils and natural wellness products can support better sleep and overall well-being.

In this course, we will delve into the science of sleep, uncovering the factors that influence our sleep quality and understanding the importance of a restful night's sleep for our physical, mental, and emotional health. We will also explore the incredible benefits that essential oils and other natural wellness products can offer in promoting relaxation, soothing the mind, and creating an optimal sleep environment.

Throughout the course, you will learn about various products, lifestyle tips, and how to effectively improve your sleep routine. We will provide practical guidance on incorporating the dōTERRA Serenity line into your nightly rituals and exploring complementary sleep hygiene practices to optimize your sleep experience.

Expect to dive into engaging lessons to gain practical knowledge that you can immediately apply to your sleep journey.

We believe that better sleep is within your reach, and by harnessing the power of essential oils and the amazing dōTERRA Serenity line of products, you can unlock the potential for restorative and rejuvenating nights. We are excited to support you in your quest for improved sleep and overall wellness.

So, get ready to explore the realm of sleep and natural wellness, discover the transformative effects of essential oils, and embark on a path to better sleep. Let's begin this transformative journey together.



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# Welcome!

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## Understanding the Importance of Sleep

When you wake up in the morning, how do you feel? Do you feel well rested? Or do you feel as if you've been tossing and turning all night? Do you feel strong and invigorated, ready to start your day, or weighed down by poor sleep from the night before?

Though it's one of the most crucial elements to good health, sleep is unfortunately one of the most undervalued parts of modern schedules. Living in a busy world, we often sacrifice sleep for other pursuits like work, family responsibilities, and even technological distractions. Yes, exercising, eating right, and finding healthy ways to deal with emotions and stress are all important parts of the day, but allowing your mind and body to rest and recuperate at night is equally important. While some may think the only consequences of poor sleep are feeling groggy or sluggish the next day, sleep deprivation has actually been linked to several health challenges that can impact the body.



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# Welcome!

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## Exploring the Benefits of Natural Solutions

There are many essential oil options to help create and customize the ideal environment for bed. However, each person has different needs when it comes to a nighttime routine, and what works for one person might not work for another. So, if bedtime routines, preferences, and needs are different for everyone, why is it that hundreds of thousands of people use essential oils in their homes every night when getting ready for bed? Because so many different types of essential oils, blends, and products are available, you can customize the way you use essential oils at bedtime. You can find the oils you like best and incorporate them into your nightly routine to create your optimal atmosphere for sleep.

Introducing dōTERRA Serenity®, the restful blend that combines some of the most researched and beloved essential oils into one exquisite aroma. Get ready to experience the transformative power of this amazing smelling blend.



But that's not all—dōTERRA Serenity goes above and beyond by offering three powerful products designed to maximize the impact of essential oils in three distinct ways: aromatically, topically, and internally. It's a comprehensive approach to harnessing the benefits of essential oils for optimal sleep support.

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# Welcome!

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## Setting Goals and Plan to Optimize the Learning Journey

To get the most out of your online course on wellness products that support sleep and ensure successful completion, follow these short instructions:

- 1. Set Clear Intentions:** Clearly define what you want to gain from the course. Are you looking to improve your sleep quality, learn about specific products, or learn how to improve your sleep hygiene? Having a clear intention will help you stay focused and engaged.
- 2. Establish a Regular Schedule:** Make a study routine that works for you. Allocate dedicated time each day or week to spend a few moments learning.
- 3. Apply What You Learn:** Look for opportunities to apply what you learn about sleep wellness products in your own life. Experiment with recommended practices, incorporate suggested products into your sleep routine, and track your experiences to gauge their effectiveness.
- 4. Seek Support and Clarification:** If you have questions or need clarification, don't hesitate to reach out to your wellness advocate with any questions.
- 5. Pace Yourself:** Break the course content into manageable sections and pace yourself accordingly. Avoid overwhelming yourself by trying to incorporate everything you learn at once. Set realistic goals and progress steadily through the material.
- 6. Reflect and Apply:** Take time to reflect on how the course material and these products can be integrated into your own sleep routine. Consider the practical applications and adjust as needed. Reflecting and actively applying what you learn will enhance your personal sleep wellness journey.

By following these tips, you'll be able to make the most of the dōTERRA Serenity® Sleep course while gaining valuable insights for improving your sleep. Embrace the opportunity for growth and enjoy the journey!



# Sleep Foundations

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## Why Does Sleep Matter?

Good sleep is one of the most essential elements of a healthy life. Unfortunately, sleep is one of the most undervalued parts of modern schedules. In this busy world, it's all too easy to sacrifice sleep to other pursuits like work and family responsibilities, social time, and even technological distractions. You might be thinking, *So what if I sacrifice a little sleep to other areas of my life? I'll feel a little sluggish or groggy the next day, but there's so much to do, accomplish, and experience instead of sleeping a little longer.*

It may seem like a lot to spend a third of your life sleeping, but the consequences of cutting your shut-eye time short are a lot more significant than just feeling tired. Sleep deprivation has been linked to several health challenges. Research shows the time you spend sleeping is crucial to brain function, emotional well-being, and other vital health areas.

During sleep, your body is hard at work rebuilding and repairing itself. It's mending blood vessels, balancing hormones, and maintaining or even boosting the immune system. Your brain processes the events of the day and prepares itself for another day of learning.

Yes, exercise, eating right, and finding healthy ways to deal with emotions and stress are all fundamental facets of health. But sleep is essential to the effectiveness and efficiency of every one of those habits. For example, sleep is when your muscles, tendons, and other tissues recover and repair from exercise, rebuilding stronger than before. Without enough sleep for your exercise recovery regimen, your risk of injury dramatically increases.

And who hasn't been at their wits end trying to resolve an argument or complete a frustrating task or project before bed, only to find in the morning you're laughing about what you were fighting about the night before or are suddenly progressing much easier and

faster on that task. When emotions are high or your brain is tired, it may seem like sleep is too simple to be the answer. But so often a nightly reset makes all the difference.

If you miss out on sleep, you don't give the brain ample time to refresh or clear away waste, ultimately making it more difficult to function properly the next day. Just as your mind processes information while you sleep, giving your body a break will help major systems function as they should. Sleep helps the body rest, rejuvenating cells as your muscles relax and you take slow, deep breaths.

When you cut the rest process short, your body doesn't can't properly recuperate, causing problems in the long run. Sleep even impacts apoptosis of cells, helping them adhere to a normal life cycle.

Let's dive deeper into sleep and emotions for a minute. While you sleep, the brain is processing and consolidating the storage of your positive emotions from the day and dampening the storage of negative emotions.

Sleep has links to your emotional and social intelligence. For example, someone who doesn't get adequate sleep is more likely to have issues recognizing other people's emotions and expressions. A 2022 study investigating the relationship between sleep quality, sleep duration, and emotional intelligence found people who routinely experienced higher quality and quantity of sleep tended to perceive themselves as having better emotional intelligence, such as doing well in social interactions, maintaining relationships, feeling positive, and controlling impulses. A 2015 study focused on children found their sleep patterns could directly impact behavior and academic performance.

The amount of quality sleep you get can even impact body weight. A 2018 study suggests people who regularly sleep under seven hours are more likely to have a higher body mass index (BMI) than those who sleep more.



# Sleep Foundations

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## Why Does Sleep Matter Continued...

Plus, a 2022 clinical trial found overweight adults who increased their sleep duration took in fewer calories compared with a control group. To compensate for lack of energy, sleep deprivation may make you crave foods that are higher in sugar and fat because of higher calorie content. In the study, adults increased their sleep by 1.2 hours on average and took in around 270 fewer calories than the control group.

Researchers suggested poor, insufficient sleep is associated with increased levels of a hormone called ghrelin and decreased levels of a hormone called leptin. Ghrelin makes you feel hungry, while leptin tells you you're full. Basically, when your brain is tired, it tells you to feed it more, maybe because it thinks that'll help it stay awake. You literally feel hungrier and overeat because your hormones are telling you your body needs it.

Of course, there's also the simple fatigue that accompanies lack of sleep. It's extremely difficult to maintain the desire, motivation, or discipline to exercise and eat healthily when your brain and body are fatigued.

A 2017 study looking into the short- and long-term health consequences of sleep disruption found sleep is linked to several brain functions, including memory, performance, and cognition. Sleep helps your brain make new memories and recall old ones. Sleep disruption may affect memory processing and formation. Researchers found people's performance at work, school, and other settings can be affected by sleep disruption, including their focus, emotional reactivity, decision-making, risk-taking, behavior, and judgment. In fact, deterioration in mental and physiological performance starts to happen after only 16 hours of being awake!



By affecting stress hormones, sleep disruption may also affect cognition. Sleep even helps clear out a toxic protein from your brain called beta amyloid, which may otherwise build up and interfere with cognitive function when you're older.

As dramatic as it sounds, sleep deprivation can be fatal, as a host of bodily functions begin crashing. Fortunately, most of us probably aren't on the brink of death from lack of sleep. However, far too many people aren't thriving because of lack of sleep.

Inadequate sleep over time raises your risk for chronic health problems. It affects how well you think, react, work, learn, and get along with others. It affects your hormones and reproductive system, heart and circulatory system, metabolism, emotional response, respiratory system, and immune system. Research suggests one night of four hours of sleep results in a 70% reduction in natural killer cells—an important cell line in your immune system. The good news is because sleep has such a broad, comprehensive impact on health, adequate rest quantity and quality will support improvement in all those areas!

The way you feel when you're awake is all about what's happening when you're not awake. During sleep, your body supports healthy brain function and maintains your physical health. Sleep plays a vital role in health and well-being throughout your life, so it's worth prioritizing.

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# Sleep Foundations

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## How Much Sleep Do I Need?

You now know why you need sleep, so let's talk about how much sleep you really need. Generally, the hours of sleep you need decrease with age. Sleep supports proper growth and development, so babies unsurprisingly need the most of it, followed by children and teens.

Here's a breakdown. Newborns need 14 to 17 hours of sleep. Infants from four months to a year still need 12 to 16 hours. Toddlers need 11 to 14 hours and preschoolers need 10 to 13 hours. As you've probably noticed, these are ranges and have quite a bit of overlap between them.

The need for sleep only goes down slightly with each age group. If you have children, pay attention to their cues and behavior for hints on whether they're getting adequate sleep. The next age group, 6 to 12, need between 9 and 12 hours. Teens need a solid 8 to 10 hours each night.

For adults, they need a minimum of seven hours of sleep each night. However, sleep needs do vary. They don't vary in that there are some people who just don't need a lot of sleep. That's a myth. No one only needs four to five hours of sleep a night. However, sleep needs can vary in that there can also be a range for adults, and you may need more than seven hours a night. Some people need eight or nine hours, while others may feel completely rested with a consistent seven.

Your sleep needs will also vary based on activity levels. For example, if you're participating in vigorous exercise training, you'll likely notice an increase in your need for sleep compared to when your activity levels are more moderate. Adjust accordingly so your body gets the recovery it needs.

Older adults who are in their sixties, seventies, and beyond will likely notice a decrease in their need for sleep with age. Usually just seven to eight hours a night is sufficient.

You've learned a lot about quantity here, but your quality of sleep is also important. If you're consistently getting an adequate number of hours of sleep and still don't feel rested or are waking frequently in the night, these may be signs of poor sleep quality.

Fortunately, you can improve sleep quality as well as quantity. Work schedules, day-to-day stressors, a disruptive bedroom environment, and medical conditions can all affect the quality and quantity of sleep you enjoy, but there are absolutely things you can do to help improve the sleep you're getting! More on that to come, but naturally a healthy diet and positive lifestyle habits are the foundation.

## Sleep Recommendations

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**Newborns: 14-17 hours**

**4 Months to 1 year: 12-15 hours**

**Toddlers: 11-14 hours**

**Preschoolers: 10-13 hours**

**6 to 12 years: 9-12 hours**

**Teens: 8-10 hours**

**Adults: Minimum of 7 hours**

# Sleep Hygiene

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As promised, you've reached the part of the course dives into specific things that support better sleep. Maybe you've heard the term sleep hygiene before. It refers to the bedroom environment and daily routines that promote consistent, uninterrupted sleep. It includes things like keeping a stable sleep schedule, making your bedroom comfortable and free of distractions, following a relaxing bedtime routine, and more.

As you go through these sleep hygiene suggestions, think about your own situation and what may be useful to you. You can tailor your sleep hygiene practices to your unique needs. Ultimately, the goal is to make it easier to sleep soundly through the night and wake up rested.

## Caffeine

First up, let's talk about caffeine. Many adults consume caffeine daily, with many relying on its energizing effects to enhance their mood and optimize their performance. Caffeine is found naturally in many plants, including coffee beans, tea leaves, cacao pods, and kola nuts. Synthetic caffeine is also added to medications and energy drinks.

While caffeine is a common tool to promote wakefulness in the morning and ward off sleepiness during the day, it comes with potential side effects, including jitteriness, headaches, and nervousness. It can also interfere with sleep, especially if consumed too late in the day.

Caffeine affects the brain by blocking adenosine receptors. As mentioned previously, adenosine is a sleep-promoting chemical that's produced in the brain during your waking hours. Normally, adenosine builds up in the brain the longer you're awake. Adenosine is lowest in the morning when you wake up and highest in the evening right before bed. The more it builds up, the sleepier you become. When caffeine blocks this process, you remain alert and vigilant. That may also be one reason why caffeine consumption can disrupt sleep.

Since stimulants like caffeine can keep you awake and throw off the natural balance between sleep and wakefulness, consider reducing your caffeine intake, especially after noon. Everyone is different, but if you're having trouble sleeping at night, you should try completely avoiding caffeine later in the day.



# Sleep Hygiene

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## Healthy Habits

Next is something discussed in the last section: seek out the sun! Exposure to natural light—especially early in the day—helps reinforce the strongest circadian cue. Then before bed, limit all light. Artificial light exposure at night can interfere with circadian rhythm, so experts advise dimming the lights and putting down electronic devices in the lead-up to bedtime.

Something else you can do during the daytime to help your nighttime is exercise. Activity during the day supports your internal clock and makes it easier to fall asleep at night. The one caveat is avoid heavy exercise too close to bedtime. Light walking or general movement before bed is fine, but a vigorous workout too late in the evening can push back when your body is ready to fall asleep.

Another thing to avoid right before bed are heavy meals and spicy foods. Meals that are too late or too heavy or spicy before bed can lead to heartburn or other digestive discomfort that may make it difficult to sleep.

Next, let's talk napping. Naps can be a normal and healthy part of your sleep, provided they aren't too long or late in the day, which can push back your bedtime and throw your sleep off the usual schedule. Limit naps to the late morning or early afternoon, and make sure to keep them short and sweet.



# Sleep Hygiene

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## Sleep Schedule

Follow a consistent sleep schedule. Varying your bedtime or morning wake-up time can hinder your body's ability to adjust to a stable circadian rhythm. One study suggested inconsistent sleep—where a person goes to bed at inconsistent times or wakes up at different times every day—can disturb the body's process of regulating inflammation during sleep. If you're worried that means you need to fall asleep at the same precise time each night, don't be. Think of it more like a window of time in which you should try to fall asleep.

If you start getting ready for bed at the same time each night, you'll likely fall into a natural rhythm and fall asleep within a reasonably consistent window. If you're wondering about wake-up times and weekends, it's best to also maintain a steady window. As fun as sleeping in on the weekend can be, if your weekend wake-up time is drastically different than your weekday, it'll throw off your rhythm. Besides, when you wake up at the same time every day, you'll find even an extra fifteen or thirty minutes on the weekend feels like a lot longer than it is!

What if you feel your sleep schedule needs a total overhaul? Make the change gradually. If you try to do it in a day, it won't work. Move your bedtime and wake time a little at a time and give your body a few days to adjust to each move. With consistency, you'll settle into a schedule that reinforces and supports your natural circadian rhythms.

What about special events, travel, and other parts of life that throw off the schedule? The good news is if you do keep a consistent sleep rhythm in your daily life, your body actually recovers more quickly than it does for those who don't have a schedule and aren't sufficiently rested. Starting from a place of sleep deprivation will make it harder for you to adjust and recover. If you regularly get enough sleep both in quality and quantity, your body will be able to bounce back to your usual schedule and rhythm more easily, and you can quickly catch up on any missed sleep in a natural way.



# Sleep Hygiene

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## Sleep Environment

Now, let's talk about your sleep environment. Your bedroom setting absolutely affects sleep quality. Consider lighting, sound, and temperature. Lower the temperature in your home so it's a little cooler at night than during the day. If you have any little lights that twinkle or blink at you in your room, you might cover them with electrical tape to help keep your bedroom nice and dark. With sound, some people find quiet white noise from a fan or app helps them sleep. Others don't find either option helpful, so figure out what works best for you.

Think about your bedding as well. You spend a third of your life sleeping, so it's worth investing in a supportive mattress that works well for your body. Comfortable, breathable sheets and bedding can also make a big difference.

## Bedtime Routine

Finally, there's your bedtime routine. Washing your face and brushing your teeth are a given, but you can add other things to your nightly ritual that make it relaxing and more effective for helping you wind down. Consider listening to soothing music, doing some light stretching, or writing in a journal. Some people like to take a warm shower or bath before bed. You might also incorporate prayer or meditation. Reading can also make a great addition—just make sure it's not on your phone to avoid the artificial light (not to mention the notifications and distractions that inevitably pop up). A lamp with low, warm light and a physical book is best. Getting ready for sleep is also an excellent time to diffuse essential oils or massage them into your neck or feet.

Obviously, you don't need to make all these suggestions part of your personal routine—that would take a long time to get ready for bed each night! However, you do want your bedtime routine to be long enough to truly give you time to wind down. You also want it to be

consistent enough, so your body recognizes what's happening and knows it means bedtime. The sights, sounds, smells, and little rituals of your routine can help your body and brain relax.

Keep in mind, most people don't fall asleep the moment their head hits the pillow. As you lie in bed, you might find it useful to think about relaxing rather than sleeping. If sleep comes, wonderful. If not, that's okay. Get back up. Walk around for a minute, get a drink of water, or try reading for a while. You can try to sleep again when you feel ready.

Through all this sleep hygiene training, be patient with yourself. If your sleep hygiene needs a total overhaul, pick one or two things to work on first. After a little practice, add something else. As your sleep improves and you enjoy the effects of restful sleep, it'll motivate you to keep up good habits and maintain what you've worked hard to implement!



# Natural Sleep Solutions

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## dōTERRA Serenity® Restful Blend

Now that you've learned about why sleep is so foundational to health, how much of it you need, and some basic sleep hygiene practices, it's time to talk about natural sleep solutions.

Many essential oils can provide a relaxing, calming environment that's conducive to sleep: soft, floral aromas like Lavender and Roman Chamomile and grounding, centering scents like Cedarwood and Sandalwood. Even better than any single essential oil, dōTERRA offers a combination of pure essential oils called dōTERRA Serenity Restful Blend. It's a beautiful blend of Lavender, Cedarwood, Coriander, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, and Sandalwood essential oils, with Tonka Bean and Vanilla Absolute.

This product creates a uniquely powerful and effective aromatic experience. Its soothing scent creates a calm, tranquil atmosphere—perfect for using as part of an evening routine or bedtime ritual.

dōTERRA Serenity can be used both topically and aromatically. Here are some ways you can use it to support bedtime in your life and home.

Diffusing is one of the simplest methods for enjoying the aromatic benefits of dōTERRA Serenity. As the sun sets or during your bedtime prep, diffuse a few drops for a relaxing aroma.

You can also enjoy the essential oil blend's aromatic benefits by putting a drop in your palm, rubbing your hands together, and inhaling the sweet scent with a few slow, steady breaths. Try this as you're climbing into bed, just before your head hits the pillow, or right as you transition into the start of your evening routine, setting the tone for the next stage of winding down.

Using dōTERRA Serenity aromatically this way can also be extremely helpful with midnight wakeups. Whether it's you or a child, a few deep breaths of the subtle, quieting scent of dōTERRA Serenity can create a gentle, relaxed reset to prepare for drifting back to sleep.

If you're someone who enjoys a warm evening bath before bed, add dōTERRA Serenity and take your experience to the next level. While you can add the essential oil blend straight to your bathwater, we recommend mixing a few drops with Epsom salts first and then add the salts to the water. Either way, the Restful Blend will enhance your calming soak.

Topically, you might massage dōTERRA Serenity into your neck, shoulders, and feet before bed. That's also a great routine to establish with a restless child at bedtime. Enjoy a quiet conversation together about the day as you gently rub dōTERRA Serenity into each little foot.

While dōTERRA Serenity can usually be applied straight on the skin, know that children have more sensitive skin than adults. With babies and young children, you won't need to use as much of the essential oil blend—just a drop—and be sure to dilute it with a carrier oil like Fractionated Coconut Oil.

As you start using the Restful Blend, you may come up with other uses that work well for your personal routines and preferences. Tonight, enjoy the serene atmosphere for sleep you create in your home with dōTERRA Serenity.

# Natural Sleep Solutions

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## dōTERRA Serenity® Restful Complex Softgels

dōTERRA Serenity Restful Complex Softgels are a natural sleep solution for occasional sleeplessness when taken internally.\* While dōTERRA Serenity isn't meant for internal use, these softgels don't contain the full version of the essential oil blend. They do, however, have Lavender essential oil, which is known for its ability to relax and calm the mind when taken internally.\* Clinical and experimental research supports ingesting Lavender essential oil to calm the nervous system and promote healthy relaxation and sleep.\*

The softgels also contain lemon balm, passionflower, chamomile, L-Theanine, and tart cherry. All these ingredients are encased in a vegetarian softgel and work together to create a natural formula that can encourage restful sleep without leaving you feeling groggy the next day.\*

While all ingredients in the softgels play a special role in their calming, relaxing effects, let's look at two in particular: L-Theanine and tart cherry extract.

L-Theanine is a non-protein amino acid found naturally in green tea, black tea, and some mushrooms. L-Theanine has the unique ability to promote relaxation without causing drowsiness. It has been studied for its calming effects on the nervous system.\* Its structurally like the neurotransmitters glutamate and gamma-aminobutyric acid (nicknamed GABA), both of which are associated with improved mood, calmness, and relaxation.\*

Tart cherry extract is included in the softgels for its positive effect on sleep, which is likely because of its tryptophan content. Tryptophan helps the body make melatonin, a natural hormone your body produces as part of your circadian rhythm's synchronization of the sleep-wake cycle with day and night. Thus, melatonin is often referred to as the sleep hormone. Its production increases with evening darkness, promoting healthy sleep, while light causes the production to stop.

Every 100 grams of tart cherry extract contains about nine milligrams of tryptophan, plus tart cherries also contain natural melatonin. The tart cherry extract in these softgels is a simple, natural way to gently aid your body's melatonin production and provide additional melatonin, ultimately supporting your sleep.



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# Natural Sleep Solutions



## dōTERRA Serenity® Stick + Valerian

Lastly in this product family is dōTERRA Serenity Stick + Valerian. The stick serves as a convenient way to apply dōTERRA Serenity Restful Blend topically, and the moisturizing emollients leave your skin feeling soft and non-greasy.

You've already learned about the benefits of dōTERRA Serenity, but this stick also includes valerian, an herb that's native to Asia and Europe but also found in North America. The plant's root is used for different purposes because it contains multiple compounds that may impact the human brain and body.

Researchers have identified the following active compounds in valerian root: iridoids (also called valepotriates); chemical constituents like valerenic and valeric acid, lignans, and flavonoids; and low levels of GABA. All these compounds likely work together to provide the effects of valerian root, but researchers have primarily focused on how valerenic acid affects GABA receptors—a type of neurotransmitter in the brain. Valerian root also can impact serotonin receptors.

The addition of valerian supports and enhances the effects of this stick and the essential oil blend, making the overall results of dōTERRA Serenity Restful Blend even more powerful and soothing.



# Natural Sleep Solutions

## dōTERRA Serenity® Three-Step System

You've learned about dōTERRA Serenity Restful Blend, dōTERRA Serenity Restful Complex Softgels, and dōTERRA Serenity Stick + Valerian. Each of these products can be a powerful tool for natural support on their own, but they're most powerful and effective when used together. When paired with smart sleep hygiene habits, you can count on the dōTERRA Serenity three-step system to help you get the rest you deserve.

The first step is dōTERRA Serenity Restful Blend. The second is dōTERRA Serenity Stick + Valerian. And the third step is dōTERRA Serenity Softgels.

You have more than one way to implement these steps, but here's an example. About 30 minutes before bed, take a softgel and diffuse the essential oil blend. Start your bedtime routine, enjoying the aroma of dōTERRA Serenity as you wind down. As you climb into bed, apply the stick, rubbing it into your neck, shoulders, and wrists. Finish by taking a few deep inhales of the freshly applied aroma, basking in the calming, grounding scent. Then simply close your eyes and drift off for a night of deep, rejuvenating sleep.

Another example would be to diffuse dōTERRA Serenity throughout the evening. As it gets closer to bedtime, put a drop in your hands, cup them over your mouth and nose, and take a few deep breaths, taking a moment with the aroma to reset and enter in the right state of mind for your winddown. Proceed to your bedtime routine, finishing it off with the stick being applied to the bottoms of your feet and back of your neck. Swallow a softgel as you settle into bed for a restful night.

You can try one of these examples or apply the three-step system in a way that works for you. It's ultimately as simple as one, two, three: diffuse dōTERRA Serenity Restful Blend, apply dōTERRA Serenity Stick + Valerian, and take dōTERRA Serenity Restful Complex Softgels.

That's it. Try the system and see how your life transforms.



# Sharing Natural Sleep Solutions

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Some of you are thinking things like, My friend needs to know about this! or, These products could help my brother! Well, you'll love what I'm about to tell you. As a dōTERRA® customer, you can be rewarded simply for sharing the products you love with others.

When new customers place their first dōTERRA order using your personal link (we'll get to where you can find that link in a minute), you earn a percentage of their order back in dōTERRA dollars. dōTERRA dollars can be used for anything on doterra.com: products, shipping costs, and more.

Plus, the people you share with will receive a full year of dōTERRA membership for free when they use your link for their first order. It's a win-win!

We call this arrangement Refer-a-Friend. You can learn all about it at [doterra.com/refer](https://doterra.com/refer). Find your personal link in your account profile and start sharing with friends! If you want step-by-step instructions on where to find the link, check out [doterra.com/refer](https://doterra.com/refer).

Happy sharing!

