

## Essential Oil Effects on Sleep and Relaxation

Chronic sleep problems aren't just exhausting. They cripple physical and mental health.

Research shows poor sleep is linked to type 2 diabetes, obesity, mental health disorders, heart problems, and much more.

Essential oils help boost melatonin and restore your circadian rhythm, the body's natural sleep and wake cycle. The circadian rhythm is a highly sensitive 24-hour system regulated by your pineal gland, which sits near the center of your brain. This gland makes and distributes melatonin essential for falling and staying asleep.

Typically, cortisol levels are high in the morning to kickstart your day. As the day wears on, cortisol gradually drops to low levels. At night, melatonin levels begin rising.

Many people today face chronically high cortisol at bedtime due to long, stressful days. Too much nighttime cortisol sabotages your sleep, throws off your circadian rhythm, and stifles melatonin production.

Using essential oils at bedtime or when jet-lagged stimulates the pineal gland to produce melatonin even in the presence of high cortisol levels. A blend of oils, like lavender, rose geranium, white grapefruit, myrtle, and myrrh, supports your circadian rhythm by triggering melatonin production and calming the nervous system.

Interestingly, an increase in melatonin also suppresses cortisol, helping the stress hormone drop to normal bedtime levels.

To use this sleep hack, apply a trustworthy blend of essential oils onto the skin behind the top of your ears and in the middle of the back of your head.

Keep in mind these oil blends can be potent. Use only at bedtime and not before driving or operating heavy machinery.

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