



vibrant blue oils

Sleep

CHECKLIST

TROUBLE FALLING ASLEEP

If you answer yes to one or more below, you may benefit from Vibrant Blue Oils **STRESS SUPPORT PROTOCOL** or **CIRCADIAN RHYTHM** blend

Difficulty falling asleep
Tend to be a "night person"
Tend to be keyed up, trouble calming down
Clench or grind teeth
Difficulty waking up in the morning

Don't feel well rested after sleep
Energy drop between 4 and 7 in the afternoon
Sleepy in the winter, especially as the light diminishes
Don't remember dreams
Wake up wide awake during the night

TROUBLE STAYING ASLEEP - Liver

If you answer yes to one or more below, you may benefit from Vibrant Blue Oils **BLOOD SUGAR SUPPORT PROTOCOL** or **LIVER** blend

Wake up between 1-3 a.m.
Become sick or easily intoxicated with wine
Easily hung over with wine
Long term use of prescription/recreational drugs

Sensitive to smells like tobacco smoke
Pain under right side of rib cage
Hemorrhoids or varicose veins
Chronic fatigue or Fibromyalgia

TROUBLE STAYING ASLEEP- Blood Sugar

If you answer yes to one or more below, you may benefit from Vibrant Blue Oils **BLOOD SUGAR SUPPORT PROTOCOL** or **PANCREAS/ADRENAL** blend

Awaken hours after going to bed
Find it difficult to go back to sleep
Crave coffee sweets in the afternoon
Feel sleepy or energy dips in the afternoon
Feel fatigued after meals

Need stimulants such as coffee after meals
Feel like skipping breakfast
Slow starter in the morning
Chronic low back pain; worse with fatigue
Chronic fatigue or get drowsy often

TROUBLE STAYING ASLEEP- Gallbladder

If you answer yes to one or more below, you may consider supporting your gallbladder with Vibrant Blue Oils **GALL BLADDER**

Wake up between 1-3 a.m.
Pain between shoulder blades
Stomach feels upset by greasy foods
Stools are greasy, shiny, or float in the toilet

Nausea or motion sickness
Dry skin, itchy feet, or peeling skin on the feet
Mild headache over eyes

TROUBLE STAYING ASLEEP- Liver Emotions

If you answer yes to one or more below, you may consider supporting your emotional release with Vibrant Blue Oils **LIVER SUPPORT**

Feel irritable or impatient
Inappropriate anger, including angry outbursts, "flying off the handle", over-reactivity, or have a difficult time letting things go
Feelings of not feeling heard, not feeling loved, not being recognized, inability to be honest with yourself and others

Experience resentment, frustration, or bitterness
Can be judgemental, overly critical, or quick to find fault
Feel the need to control situations and can be domineering or bossy