



### 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

Get sleepy in the winter, especially as the light diminishes

Don't remember dreams

Wake up wide awake

### 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 when drink wine?

Easily hung over when drink 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** blends

Awaken hours after going to bed?

Find it difficult to go back to sleep?

Crave coffee or sweets in the afternoon?

Feel sleepy or have energy dips in 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 might consider supporting your gall bladder with Vibrant Blue Oils **GALL BLADDER**

Wake up between 1 – 3 a.m.?

Pain between my 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 might 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 judgmental, overly critical, fault-finding or complain

Feel the need to control situations and can be domineering or bossy