



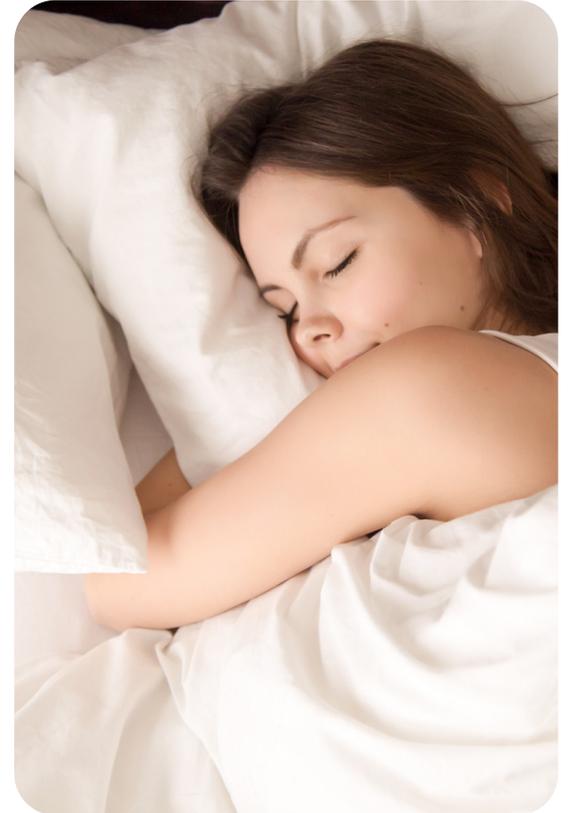
Falling Asleep

Restful sleep, defined as the ability to both fall asleep and stay asleep, allows time for your body to rest and repair, detoxify, balance blood sugar levels, burn calories and reset our energy reserves. Without restful sleep, you may feel fatigued and your body compensates with cortisol spikes, sugar cravings and other tricks to keep us awake and functioning.

If you struggle to fall asleep or experience racing thoughts or worries while lying in bed, your natural sleep and wake cycles, known as your circadian rhythms, might be a little out of balance.

"I have suffered from insomnia for years, and have tried everything, this oil has been a game changer"

- Michele



Circadian Rhythm Imbalance

As you may know, your stress hormone, cortisol, is released by your adrenal glands. The sleep hormone, melatonin, is released by the pineal gland, a small pine cone shaped endocrine gland located near the center of your brain. Melatonin also has many other neuroprotective benefits. Your cortisol rhythms are supposed to be highest in the morning and then wane as the day wears on. When you are active at night and slow in the morning, the cortisol patterns are reversed. This throws off the circadian rhythm because cortisol and melatonin have an antagonistic relationship.

To restore optimal melatonin levels, you need to consider your circadian rhythms, your pineal gland and the interaction of other hormones, like cortisol, that can disrupt melatonin levels. Elevated cortisol levels at night actually turn off melatonin production. Similarly, if melatonin is elevated then cortisol is depressed. I like to illustrate this point with the image of a teeter totter. When the stress hormone (cortisol) is high, it forces the sleep hormone (melatonin) to be low.

Helping to the pineal gland return to its innate intelligence and release more melatonin naturally. Your pineal gland performs several incredibly important functions for your health, including producing and secreting melatonin, a powerful hormone that helps you fall asleep, detoxify and anti-inflame.

Unfortunately, environmental toxins like metals, glyphosate and fluoride can damage your pineal gland and impair its ability to produce and secrete adequate levels of melatonin.



An imbalance in the circadian rhythm can present with indicators such as:

- Inability to fall asleep
- Inability to stay asleep
- Difficulty waking up in the morning
- Not feeling well after sleep
- Not recovering from physical activity
- Drop of energy between 4 and 7
- Headache only in day parts

Essential oils are known for their sedative properties that to help relax the mind and body to reduce the amount of time it takes to fall asleep and improve sleep quality. We have found the following oils helpful for clients who struggle to fall asleep:

"I have been using high quality essential oil for years. I had been wanting to try vibrant blue oils for awhile and finally did. I got the Circadian Rhythm because I have been having trouble sleeping. Let me just say, this blend WORKS! Sometimes all natural products take awhile to work or they are not as effective as one would like them to be. I will not live without this blend. It truly helps me get deep sleep which I haven't done in awhile. And I have been dreaming like crazy. Incredible!" -Mara

"As a long time chronic insomnia sufferer, I've tried everything. Including other essential oils from other companies. So I was very thankful that Vibrant Blue's Circadian Rhythm and Sleep worked the very first night!" - Tami

"I ordered two items "Sleep" and "Circadian Rhythm." I have had poor sleep for 26 years, tried many remedies with little results. First night I used "Sleep," I got 7 hours sleep. Usually don't get more than 4 or 5. Last night got 8." - Susan

Featured Oil



The [Circadian Rhythm™](#) blend can help activate your pineal gland and trigger the natural release of melatonin when applied to specific locations on the head (top of the skull, back of the skull and on the skull right above the ears).

This method emulates the innate intelligence of the body and has been extremely effective for those suffering from sleep issues and anxiety.

If you again think of the teeter totter example, when melatonin then increases (goes up), it forces cortisol levels down, effectively serving as a back door to lowering stress, anxiety and the racing thoughts that keep many of us wide awake when our bodies are exhausted and longing for sleep.