

# SleepEssence™



## Product Summary

SleepEssence combines four powerful Young Living Therapeutic Grade™ (YLTG) essential oils and melatonin to promote healthy rest. Lavender, vetiver, valerian, and *Ruta graveolens* each have unique sleep-enhancing properties, while the hormone melatonin is well known as a powerful sleep aid. SleepEssence is available in vegetarian softgel capsules for easy and natural digestion.

## Product Story

It's estimated that 65 percent of American adults get less than the recommended eight hours of sleep each night, and sleep deprivation has been linked to depression, weight gain, heart disease, and irritability. It's a challenge for most to get enough sleep, made even more difficult by a lack of natural sleep products on the market. SleepEssence is a natural supplement that promotes the onset of sleep and helps avoid the consequences of sleep deprivation.

## Key Ingredients

- + Lavender is a versatile essential oil that has been used traditionally by many cultures for its soothing properties. Its refreshing, relaxing scent has balancing properties that also calms the mind and body.
- + Vetiver essential oil is psychologically grounding, calming, and stabilizing. It may help when coping with stress and to recover from emotional trauma and shock.

- + Valerian is one of the most studied herbal sedatives and has been shown to improve quality of sleep. According to the College of Pharmacy in King's College in London, "...valerenic acid has been shown to inhibit enzyme-induced breakdowns of GABA in the brain resulting in sedation."<sup>1</sup>
- + Melatonin is a natural constituent and its primary function is to induce sleep. SleepEssence contains 1.5 mg of melatonin.

## Primary Benefits

- + SleepEssence is a natural way to promote a full night's sleep.
- + SleepEssence is ideal for countering stressed nerves.
- + SleepEssence is designed for enhancing relaxation.

## Did You Know?

- + Young Living grows lavender on its farms in Utah, Idaho, France, and Ecuador.
- + Melatonin is a hormone produced in the pineal gland, a small gland in the brain that helps regulate sleep and wake cycles.
- + Very small amounts of melatonin are found in foods such as meats, grains, fruits, and vegetables.
- + In India, vetiver was an ingredient of ancient perfumes and was referred to as the "oil of tranquility."

<sup>1</sup>Houghton, P.J. "The Scientific Basis for the Reputed Activity of Valerian." J Pharm Pharmacol. 1999 May;51(5):505-12.

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## How To Use

Take 1–2 softgels thirty to sixty minutes before bedtime.

## What Makes This Product Unique?

SleepEssence is a soothing blend of pure YLTG essential oils and melatonin.

## Cautions

Do not operate heavy machinery for 8–10 hours after using. Not recommended for long-term use or with products containing echinacea. Adult use only. Keep out of reach of children. If you are pregnant, nursing, taking medication, or have a medical condition, consult a healthcare practitioner prior to use.