

# NATURAL REMEDIES FOR GREAT SLEEP

Feeling well rested is crucial to our overall wellbeing. Having a good nighttime routine can greatly help sleep. In the hour before going to bed, try turning off all electronics, enjoying any of the herbal remedies below, and doing some light stretching!

## Herbs that help us rest:

Catnip	Lemon Balm
Valerian Root	Passion Flower
Chamomile	Kava Kava

## Calming Essential

### Oils:

Lavender	Peppermint
Ylang Ylang	Bergamot
Chamomile	Marjoram

Diffuse these oils to help promote a good night's sleep!

Find more info at

[www.theathomeapothecary.com](http://www.theathomeapothecary.com)