

SCIENTIFIC RESEARCH

ESSENTIAL OILS FOR SLEEP

Lavender

breathe me: [sleep](#) | [sleep KIDS](#) | [calm, relax](#) | [energy, mood-boost](#)

breathe pure: [french bouquet](#) | [clean air](#)

The effect of lavender aromatherapy on autonomic nervous system in midlife women with insomnia.

Conclusion: Women receiving lavender aromatherapy experienced a significant improvement in sleep quality.

<http://www.ncbi.nlm.nih.gov/pubmed/21869900>

Effect of aromatherapy on the quality of sleep in ischemic heart disease patients hospitalized in intensive care units (Isfahan University of Medical Sciences.)

Conclusion: Quality of sleep in ischemic heart disease patients was significantly improved after aromatherapy with lavender oil.

<http://europepmc.org/abstract/MED/22049287>

Effects of lavender aromatherapy on insomnia and depression in women college students.

Conclusion: According to the study results, it can be concluded that the lavender had a beneficial effect on insomnia and depression.

<http://www.ncbi.nlm.nih.gov/pubmed/16520572>

A single-blinded, randomized pilot study evaluating the aroma of *Lavandula augustifolia* (Lavender) as a treatment for mild insomnia.

Conclusion: Outcomes favor lavender with women and younger volunteers with insomnia improving more than others.

<http://europepmc.org/abstract/MED/16131287>

Disclaimer : These statements made in this report have not been evaluated by the FDA (US Food & Drug Administration). Our product are not intended to diagnose, cure or prevent any disease. If a condition persists, please contact your physician or healthcare provider. The information provided by his website or this company is not a substitute for a face-to-face consultation with a health care provider, and should not be construed as individual medical advice. The testimonials on this website are from individuals and do not guarantee or imply the same results.

General Safety Information: Do not take any essential oils internally without consultation from a qualified aromatherapy practitioner. Do not apply undiluted essential oils, absolutes, CO2s or other concentrated essences onto the skin. (Please note that all [Nectar Essences, Breathe Me](#) personal remedies have been diluted for your safety). If you are pregnant, epileptic, have liver damage, have cancer, or have any other medical problem, use essential oils only under the proper guidance of a qualified aromatherapy practitioner. Use extreme caution when using oils with children and give children only the gentlest of oils at extremely low doses. It is safest to consult a qualified aromatherapy practitioner before using essential oils with children. A skin patch test should be conducted prior to using an essential oil that you've

never used before. For very in-depth information on essential oils safety issues, read [Essential Oil Safety](#) by Robert Tisserand and Tony Balacs.