

12 Best Essential Oils for Sleep

There are a lot of essential oils that help the mind and body relax. My favorite essential oils that support a great night's sleep are lavender, cedarwood, vetiver, marjoram, Roman chamomile, bergamot, orange, frankincense, patchouli, and sandalwood.

Lavender: widely used for its calming properties. It eases tension and induces relaxation.

Cedarwood: warm, woody scent that is both grounding and calming, promoting a great night's sleep

Vetiver: This grass has a rich, exotic aroma that is extremely grounding for emotions.

Marjoram: has a slightly spicy, warm aroma that calms and helps you release emotional stress and trauma

Roman Chamomile: sweet floral aroma is calming and soothing to the mind and body, making it one of the most often used essential oils for sleep

Bergamot: floral citrus aroma is an adaptogen, meaning that it can be both uplifting and calming, depending on what your body needs at the time. Helps calm and reduce anxious feelings.

Wild (Sweet) Orange: sweet citrus scent and, like bergamot, wild/sweet orange is also an adaptogen that can be either energizing or calming, depending on what your body needs

Grounding Blend: refers to a generic term for essential oil blends from several different brands that include essential oils like blue tansy, frankincense, and spruce. These blends promote tranquility and relaxation while eases anxious feelings.

Frankincense: warm, spicy aroma promotes feelings of peace, relaxation, and satisfaction. A great oil to use to help balance your mood. When combined with other oils, frankincense often enhances the properties of the other essential oils.

Patchouli: musky scent is grounding and balancing for emotions

Hawaiian Sandalwood: rich, sweet and woody aroma instills calm and relaxation. It's soothing scent lessens tension, promotes emotional well-being, and has a meditative-like effect.

Calming Blend: refers to a generic term for essential oil blends from several different companies that include essential oils like lavender, ylang ylang, marjoram, and Roman chamomile. These blends lessen the feeling of stress, calm emotions, and create a peaceful feeling.

12 Best Diffuser Blends for Sleep

sleep diffuser blend #1

3 drops lavender essential oil
3 drops cedarwood essential oil

sleep diffuser blend #2

3 drops bergamot essential oil
3 drops lavender essential oil

sleep diffuser blend #3

3 drops lavender essential oil
3 drops sweet (wild) orange essential oil

sleep diffuser blend #4

2 drops lavender essential oil
2 drops vetiver essential oil
2 drops marjoram essential oil

sleep diffuser blend #5

3 drops Roman chamomile essential oil
2 drops bergamot essential oil
2 drops frankincense essential oil

sleep diffuser blend #6

3 drops grounding blend essential oil
2 drops lavender essential oil
2 drops Roman chamomile essential oil

sleep diffuser blend #7

2 drops lavender essential oil
2 drops Roman chamomile essential oil
2 drops marjoram essential oil

sleep diffuser blend #8

3 drops patchouli essential oil
2 drops wild (sweet) orange essential oil
2 drops frankincense essential oil

sleep diffuser blend #9

3 drops vetiver essential oil
3 drops lavender essential oil
2 drops frankincense essential oil

sleep diffuser blend #10

3 drops lavender essential oil
3 drops vetiver essential oil

sleep diffuser blend #11

3 drops vetiver essential oil
3 drops calming blend essential oil

sleep diffuser blend #12

3 drops patchouli essential oil
3 drops sandalwood essential oil

12 Essential oils for *a Great Night's Sleep*



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1. Lavender
2. Cedarwood
3. Vetiver
4. Marjoram
5. Roman Chamomile
6. Bergamot
7. Wild Orange
8. Grounding blend
9. Frankincense
10. Patchouli
11. Sandalwood
12. Calming Blend

Diffuser Blends for a Great Night's Sleep



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3 drops lavender
3 drops cedarwood

3 drops bergamot
3 drops lavender

3 drops lavender
3 drops wild orange

2 drops lavender
2 drops vetiver
2 drops marjoram

3 drops chamomile
2 drops bergamot
2 frankincense

3 drops grounding
2 drops lavender
2 drops chamomile

2 drops lavender
2 drops chamomile
2 drops marjoram

3 drops patchouli
2 drops wild orange
2 drops frankincense

3 drops vetiver
3 drops lavender
2 drops frankincense

3 drops lavender
3 drops vetiver

3 drops vetiver
3 drops calming

3 drops patchouli
3 drops sandalwood