



# Sleep Essentials: How to Use Essential Oils for Better Sleep

*Katja Heino*

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## **Sleep Essentials: How to Use Essential Oils for Better Sleep** Katja Heino

Having trouble sleeping? Want to use natural remedies? Essential oils can help! Learn all about what essential are and how they can help you get a better night's rest. With our overly busy lifestyle and stressful lives, our bodies have become over-stimulated and taxed. Learn all about which high quality essential oils can help you fall asleep faster, stay asleep , and wake up feeling refreshed and rested. Lots of practical everyday uses and recipes included!

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