



dōTERRA[®]
AUSTRALIA & NEW ZEALAND

Sleep & Essential Oils

Featuring our Three-Step Sleep System

WHY SLEEP ISN'T A LUXURY IT'S A LIFELINE

In a world that runs on hustle, rest is often the first thing we sacrifice. Late-night emails, to-do lists, parenting, social scrolling... sleep gets pushed aside for everything else.

But here's the truth: good sleep isn't just nice to have, it's non-negotiable. It's the foundation of a healthy, thriving life. When you sleep well, everything works better - your brain, mood, hormones, immunity, and relationships.

When you don't, even the basics feel hard.

Sleep isn't wasted time. While you rest, your body repairs tissues, balances hormones, stores memories, and strengthens immunity.

Without it, things like healthy eating, exercise and emotional resilience struggle to stick.

Sleep loss doesn't just make you tired, it impacts how you think, feel, and function.

If you've been running on empty, you're not alone. But you deserve more than just getting by. The good news? Rest is powerful, free medicine and it starts with simple, sustainable shifts.

Let's help you reclaim your nights and your days.



You can't give your best to your family
if you're running on empty. Sleep is
part of the work.

Essential Oils & Sleep

How can essential oils be used to improve sleep?

Essential oils are an incredible natural tool to help you sleep. There are many different ways they can be used to benefit sleep and a couple of key reasons why they're effective.



Sleep Hygiene

You may have heard of the term 'sleep hygiene'. It refers to the bedroom environment and daily routines that promote consistent, uninterrupted sleep. It includes things like keeping a stable sleep schedule, making your bedroom comfortable and free of distractions, following a relaxing bedtime routine and more.

Using essential oils daily as part of your sleep hygiene routine can be an extremely powerful way to enhance your sleep. This is because when any ritual is used regularly and consistently, your body begins to recognise what's happening and knows it's time for sleep. The sights, sounds, smells, and rituals of your routine can help your body and brain relax.



Aromatic Anchoring

Another powerful way essential oils can support better sleep is through a process known as aromatic anchoring. This involves consistently pairing the aroma of specific essential oils with your bedtime routine. Over time, your brain begins to associate that scent with winding down and preparing for rest.

When used regularly, these aromatic cues act as signals to the brain, gently prompting the body to enter a more relaxed, sleep-ready state. This practice of aromatic anchoring can significantly improve how quickly you fall asleep and enhance the overall quality of your rest throughout the night.

Chemical Components

Certain essential oils contain particular chemical constituents that are beneficial to relieve tension and promote relaxation and calm. Lavender is one of the best-known essential oils for sleep and its benefits are at least partially due to the chemical component linalool, which is known for its ability to soothe body and mind.

There are numerous other essential oils that contain the same, relaxation-inducing chemical elements as Lavender or other constituents that are equally as good at creating a tranquil and relaxing environment.





Avoid caffeine
6-8 hrs before
bedtime



Avoid large or
spicy meals
before
bedtime



Use your
bedroom for
sleeping only



Avoid electronics
30 mins
before bedtime



Exercise
regularly, but not
within 4 hrs of
bedtime



Evaluate the age
& quality of your
mattress, pillow
& bedding



Get early
morning
sunlight



Go to bed &
wake up at the
same time



DIFFUSE
dōTERRA Valerian
essential oil



APPLY
dōTERRA Lavender
Peace® Stick
+ Valerian



TAKE
dōTERRA Lavender
Peace® Softgels

How Much Sleep Do You Really Need

Sleep plays a vital role in everything from mood and memory to immune health and recovery. But how much is enough? While individual needs vary slightly, the average hours required decrease as we age. Here's a quick breakdown:

Age Group	Recommended Sleep
Newborns (0–3 months)	14–17 hours
Infants (4–12 months)	12–16 hours
Toddlers (1–2 years)	11–14 hours
Preschoolers (3–5 years)	10–13 hours
Primary School Kids (6–12 years)	9–12 hours
Teens (13–17 years)	8–10 hours
Adults (18–64 years)	7–9 hours
Older Adults (65+)	7–8 hours

Better Sleep Can Change Your Life

Imagine what your life would be like if you woke up feeling refreshed every day.

Instead of lying awake at night counting sheep, take control of your sleeping habits and discover what can happen when sleep stops feeling like a luxury and more like a necessity.



Get the Rest you Deserve

dōTERRA Three-Step Sleep System:

- ❶ dōTERRA Valerian essential oil
- ❷ dōTERRA Lavender Peace® Stick + Valerian
- ❸ dōTERRA Lavender Peace® Softgels

You can do a lot to improve your chances of sleeping through the night. And when you combine healthy sleeping habits with the power of the dōTERRA Three-Step Sleep System, you create the ultimate relaxing atmosphere. Rather than spending another day (or sleepless night) wishing you felt rested, take charge of your sleep habits right away and see how doing so can change your life.



Anchoring the aroma of certain essential oils with your bedtime routine can impact not only the time it takes to fall asleep, but the quality of sleep you get once you drift off.

STEP 1:

VALERIAN

Valeriana officinalis 5mL

Warm, woody, balsamic, earthy

One of the oldest and most studied benefits of Valerian essential oil is its ability to improve the quality of sleep. The plant name Valerian comes from the Latin *valere* meaning 'to be well'.



What is Valerian?

Valerian is an herb native to Asia and Europe, but it can also be found in North America. The plant's root contains multiple versatile compounds that may impact the human brain and body.

What can you use Valerian essential oil for?

Valerian essential oil is steam distilled from valerian root, rich in sesquiterpenes and sesquiterpenols, known for their soothing properties. Valerian essential oil can be used aromatically and topically for its calming and easing properties.

Top Benefits

- Provides a grounding, earthy aroma.
- Complements a healthy sleep regimen when diffused or used topically with a carrier oil.
- Creates a warm, tranquil and comforting atmosphere.

Usage Tips

- Diffuse as part of your nighttime routine by adding three to four drops to a diffuser.
- Dilute with a carrier oil and apply topically on the back of the neck or bottoms of the feet at bedtime.
- Add a few drops to bathwater for a relaxing soak.

Sweet Dreams

- 💧 x 1 Valerian
- 💧 x 3 Lavender
- 💧 x 2 Roman Chamomile

Relaxation Oasis

- 💧 x 1 Valerian
- 💧 x 3 Frankincense
- 💧 x 2 Ylang Ylang

Peaceful Slumber

- 💧 x 1 Valerian
- 💧 x 3 Roman Chamomile
- 💧 x 2 Sandalwood

Dreamy Meadows

- 💧 x 1 Valerian
- 💧 x 3 Geranium
- 💧 x 2 Bergamot

Calming Citrus Bliss

- 💧 x 1 Valerian
- 💧 x 3 Wild Orange
- 💧 x 1 Lemon

Serenity Blend

- 💧 x 1 Valerian
- 💧 x 3 Clary Sage
- 💧 x 1 Marjoram

Night-time Zen

- 💧 x 1 Valerian
- 💧 x 3 Patchouli
- 💧 x 1 Lavender

Mellow Evening

- 💧 x 1 Valerian
- 💧 x 2 Cedarwood
- 💧 x 2 Juniper Berry

STEP 2:

Lavender Peace Stick® + Valerian

Preparing for bedtime has never been easier with the convenience, quick absorption, and smooth application of the dōTERRA Lavender Peace® Stick + Valerian. Soothe mind and body and ground your emotions so you can settle into a restful night's sleep.



What essential oils are featured in the Lavender Peace® Stick?

Featuring the proprietary dōTERRA Lavender Peace® Restful Blend, which includes some of our best-known essential oils for relaxation including CPTG® Lavender, Ho Wood, Roman Chamomile and Vetiver alongside the incredible Valerian essential oil to help create an atmosphere that entices relaxation.

Why Valerian?

Valerian is a perennial flowering plant that has been used to support sleep since ancient Greek and Roman times. Adding Valerian supports and enhances the effects of the dōTERRA Lavender Peace® Stick, making the overall results even more powerful.

Top Benefits

- Delivers the sleep-enhancing benefits of Valerian essential oil and bestselling dōTERRA Lavender Peace® Restful Blend in a convenient, portable stick.
- Provides a soothing, calming and tranquil aroma when applied topically.
- Goes on smooth for a light, non-greasy feel.
- Free from parabens, phthalates, and synthetic fragrances.

Usage Tips

Use daily to anchor the aromas to your night time routine and establish healthy bedtime rituals. May be applied to the inside of wrists, back of neck, chest or bottoms of feet as needed when preparing for rest.

Goes on smooth for a light,
non-greasy feel.



STEP 3:

Lavender Peace® Softgels Restful Complex

60 vegetarian softgels

Calming, clarifying, restorative

Combining traditional botanicals with modern science and a vegan-friendly formula, dōTERRA Lavender Peace® Restful Complex Softgels help to calm the mind and promote quality sleep, without leaving you groggy the next day.



What are Lavender Peace® Softgels?

Lavender Peace® Softgels are part of the complete dōTERRA Three-Step Sleep System designed to support mind and body through all stages of rest and recovery. These softgels are crafted using a blend of time-tested herbal extracts and essential oils to calm the mind, and improve sleep quality.

What can you use Lavender Peace® Softgels for?

Lavender Peace® Softgels are ideal for anyone looking to unwind in the evening and promote a deeper, more restful night's sleep. As a part of your nightly sleep hygiene routine, these softgels offer gentle, natural support for both mind and body.

Top Benefits

- Helps with mind relaxation and calms racing thoughts.
- Relieves sleeplessness and promotes deeper rest.
- Promotes nervous system health and function.

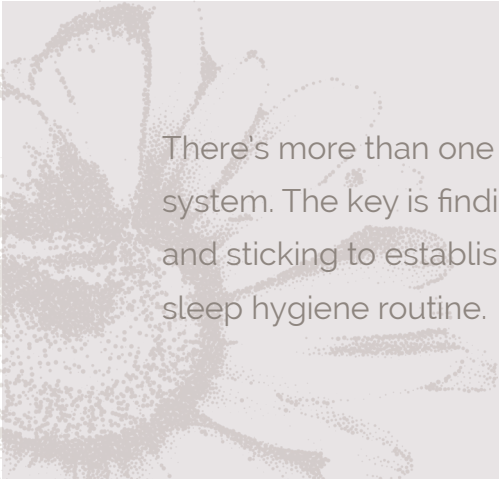
Usage Tips

- **For Sleep Support:**
Take 1–2 softgels with water 30 minutes before bedtime.
- **To Calm the Mind or Support Stress Response:**
Take up to 4 softgels daily with water.

Powerful for bedtime, supporting
a restful sleep naturally.



How to Start Using the Sleep System



There's more than one way to implement the three-step sleep system. The key is finding what works for you and your family and sticking to established rituals each night as part of a good sleep hygiene routine.

Create a new habit

- 1 As you settle into bed, re-apply the Sleep Stick to your feet and neck to reinforce your nighttime ritual. Whether you follow all three steps or customise the routine to suit your lifestyle, this simple system helps the whole family unwind, rest and recharge.
- 2 Next, take 1–2 Lavender Peace® Softgels with water around 30 minutes before bed to help calm the mind, relieve tension, and support restful, uninterrupted sleep.
- 3 In the lead-up to lights out, diffuse dōTERRA Valerian essential oil on its own or paired with your favourite calming oils to create a peaceful atmosphere in your bedroom.



The key is finding what works for you and your family and sticking to established rituals each night.



One Sleep System. All Ages. Total Calm.

The dōTERRA Three-Step Sleep System is designed to support the whole family, gently and naturally. With calming aromas, bedtime rituals, and age-appropriate options, it helps promote restful sleep for little ones, teens, and adults alike. Wake up refreshed, no matter your age or stage.

Kids (ages 2–12)

Focus: Calm body, anchor routines, reduce stimulation.

Evening Wind-Down

(20–30 mins before bed)

Apply: Lavender Peace® Stick to bottoms of feet or spine.

Diffuse: 2 drops Lavender +
1 drop Roman Chamomile.

Set the Mood: Dim lights, read a story, calming music.

No screens 30 minutes before bed.

Note: Skip softgels unless recommended by a health professional.

Teens

Focus: Reduce racing thoughts, tech boundaries, improve sleep onset.

Simple Sleep Reset

Apply: Lavender Peace Stick to chest or wrists while getting ready for bed.

Take: 1 Lavender Peace® Softgel with water 30 mins before bed.

Diffuse: 3 drops Lavender +
2 drops Frankincense.

Wind Down Habit: Journaling, quiet music or reading.

No phone use 30 mins before lights out (ideally phone out of room).



Adults

Focus: Focus: Deep rest, relaxation, hormonal support, mental clarity

Bedtime Routine

(30–45 mins before sleep)

Diffuse: Diffuse Valerian + Bergamot or Sandalwood for a relaxing environment.

Apply: Lavender Peace® Stick to neck, wrists or chest.

Diffuse: 3 drops Lavender +
2 drops Frankincense.

Take: 1-2 Lavender Peace® Softgel with water.

Bonus: Stretch, legs up the wall, or
5-minute breathwork.

Sleep Cue: Repeat same scent combo
and application sites nightly for
aromatic anchoring.

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