

## Aromatherapy and Insomnia

### What is Insomnia?

NHS Choices says that insomnia is:

“Insomnia means you regularly have problems sleeping. It usually gets better by changing your sleeping habits.

### Check if you have insomnia

You have insomnia if you regularly:

- find it hard to go to sleep
- wake up several times during the night
- lie awake at night
- wake up early and can't go back to sleep
- still feel tired after waking up
- find it hard to nap during the day even though you're tired
- feel tired and irritable during the day
- find it difficult to concentrate during the day because you're tired

You can have these symptoms for months, sometimes years.

### How much sleep you need

Everyone needs different amounts of sleep. On average we need:

- adults – 7 to 9 hours
- children – 9 to 13 hours
- toddlers and babies – 12 to 17 hours

You probably don't get enough sleep if you're constantly tired during the day.

### What causes insomnia

The most common causes are:

- stress, anxiety or depression
- noise
- a room that's too hot or cold
- uncomfortable beds
- alcohol, caffeine or nicotine
- recreational drugs like cocaine or ecstasy
- jet lag
- shift work”

## How Can Aromatherapy Help with Insomnia?

Certain essential oils may help to balance sebum production, minimise scarring and act as antiseptics. These include:

- Clary Sage (*Salvia sclarea*)
- Petitgrain (*Citrus aurantium var amara fol*)
- Roman Chamomile (*Chamaemelum nobile*)
- Lavender (*Lavandula angustifolia*)
- Mandarin (*Citrus nobilis*)
- Marjoram (*Origanum majorana*)
- Melissa (*Melissa officinalis*)
- Sweet Orange (*Citrus sinensis*)
- Neroli (*Citrus aurantium var amara flos*)
- Rose (*Rosa damascena*)
- Sandalwood (*Santalum spicata*)
- Ylang Ylang (*Cananga odorata*)

Always contact a qualified Aromatherapist who will guide you on the oils that are suitable for your individual needs.

### References:

<https://www.nhs.uk/conditions/insomnia/>

The Art of Aromatherapy by Robert Tisserand

Aromatherapy – An A-Z by Patricia Davies

The Complete Guide to Aromatherapy by Salvatore Battaglia

The Encyclopedia of Essential Oils by Julia Lawless

Encyclopedia of Aromatherapy by Chrissie Wildwood

Essential Oils in Colour by Rosemary Caddy

Aromatherapy Workbook by Marcel Lavabre

### Research Trials:

<https://www.synapse.koreamed.org/search.php?where=aview&id=10.4040/jkan.2006.36.1.136&code=1006Jkan&vmode=FULL>

<https://www.hindawi.com/journals/ecam/2012/740813/abs/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3203283/>

<https://www.sciencedirect.com/science/article/pii/S1744388114000371>

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