

SLEEP & CALM · FAMILY

# Bedtime oils for *better sleep*

*Which oils support restful sleep for babies, toddlers, and adults — and how to use them as part of a simple evening ritual.*



STILL EARTH LIVING

Evenings in a house with kids rarely feel calm on their own. Between bath time, last snacks, and the fifth glass of water request, "wind down" can feel like a myth. This is where a few drops of the right essential oil, used the right way, can help turn chaos into a ritual your whole family looks forward to.

Here's our simple guide to bedtime oils for every age in your home — what to use, how to use it safely, and a five-minute ritual you can start tonight.



A QUIET DIFFUSER IS THE EASIEST PLACE TO START

## Why oils help set the mood for sleep

Essential oils won't force anyone to sleep — nothing can do that. What they do well is help create an environment and a routine that signals to the body: *it's time to slow down*. Scent is one of the fastest ways to shift mood, and a consistent bedtime scent becomes a cue your family's brain learns to associate with rest, the same way dimming the lights or reading a story does.

### For babies (0–12 months)

Babies have delicate skin and small airways, so simplicity and caution matter most here.

1. **Diffuse only** — don't apply oils topically to newborns unless advised by a healthcare provider.
2. Diffuse **Lavender** or **Roman Chamomile** in the nursery, placed well away from the crib.
3. Keep sessions short — 15 to 30 minutes as part of the wind-down routine, not running all night.
4. Always keep the diffuser and any oils completely out of baby's reach.

If your doctor is comfortable with topical use for infants over 3 months, the standard dilution is 1 drop of essential oil to 1 tablespoon of Fractionated Coconut Oil, applied sparingly to the soles of the feet only — never the face or hands.



ROMAN CHAMOMILE AND LAVENDER — THE TWO GENTLEST PLACES TO START WITH BABIES

## For toddlers (1–5 years)

1. Dilute properly: roughly 1 drop of essential oil to 1–2 tablespoons of Fractionated Coconut Oil. Start with one drop, never more than two.
2. Apply to the bottoms of the feet just before pyjamas go on.
3. Pre-diluted, kid-friendly options make this effortless — **Lavender Touch**, or **Steady and Calmer** from the Kids Oil Collection, are already safe strength for little ones.
4. Pair it with a two-minute foot rub. Toddlers settle faster when touch and scent happen together.

Our own **Still Earth Living toddler range** is built for exactly this routine:

- **Still & Soft** — a gentle roll-on for unsettled little ones, safe strength for topical use straight from the bottle.
- **Snuggle Breath Balm** — a cocoa butter balm for chest and feet, perfect for the last step before pyjamas.
- **Quiet Moon** — our roll-on blend to help little ones drift into peaceful sleep, naturally.



OUR STILL EARTH LIVING TODDLER BEDTIME RANGE

## For adults (and tired parents)

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1. Diffuse **doTERRA Serenity** in the bedroom 30 minutes before lights out — a blend built for rest, combining Lavender, Cedarwood, Vetiver, and Roman Chamomile.
2. Roll **Serenity Stick + Valerian** onto pulse points (wrists, back of neck) for a no-diffuser option — ideal for travel or a quick reset.
3. Add 2–3 drops of **Vetiver** or **Cedarwood** to a cotton ball or reusable diffuser stick tucked into your pillowcase or on the nightstand for a grounding scent that lingers — never drop oils directly onto pillows or bedding, as they can stain and irritate skin overnight.
4. A warm bath with 3–4 drops of **Lavender** mixed into Epsom salts (never neat into water) makes a simple weekly reset.

## The 5-minute evening ritual

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Use this as your family's nightly cue, adjusting oils by age as above:

1. **Bath or wash-up** — a few drops of Lavender in bath salts for kids old enough for topical use.
2. **Diffuser on** — Serenity or Lavender, started as pyjamas go on.
3. **Roll-on or foot rub** — Serenity Stick for adults, Quiet Moon or Still & Soft for little ones.
4. **Dim the lights, put phones away.**
5. **Story or quiet chat**, then lights out with the diffuser still gently running.

Do this consistently for two weeks and the scent alone starts doing half the work of calming everyone down.

## Safety notes worth remembering

- Always dilute for children — more dilution for younger ages, never less.
- Patch test any new oil on a small area of skin before full use, for both kids and adults.
- Keep all oils and diffusers out of reach of children at all times.
- Avoid the face, eyes, and hands when applying to little ones.
- If your child has a medical condition, is on medication, or you're pregnant or breastfeeding, check with your doctor before starting topical use.

*Want the pre-diluted, ready-to-use options mentioned above — Lavender Touch, Serenity, Serenity Stick + Valerian, or our own Still & Soft, Snuggle Breath Balm, and Quiet Moon? Message us and we'll help you put together your family's bedtime kit.*