Why Plants Help Us Sleep

Plants probably don’t come to mind when thinking about best practices for a sounder sleep; however, their simple presence is proven to provide many well-being benefits, like slowing your heart rate and reducing cortisol levels. From aromatherapy to boosting humidity to purifying the air; the power of plants will have you counting sheep in no time.

HOW DOES AROMATHERAPY WORK?
Aromatherapy is the use of essential oils derived from plants for health benefits. Some studies suggest that aromatherapy can alleviate feelings of anxiety, improve sleep quality, and help with chronic pain. It works by stimulating your sense of smell and sends a message to the limbic system of your brain (the structures in your brain associated with memory and emotions). So, when you smell dried lavender and feel an immediate sense of relief, this is aromatherapy and your limbic system working in tandem to bring you a sense of calm.

ENGAGE Rub the plant’s leaves in between your fingers when you are winding down. The natural essential oils will release onto your hands. Smell, inhale, and exhale. Repeat these steps to quiet your inner voice and put your mind at ease.

LAVENDER
Known for its soothing scent, lavender has sedative powers that, when inhaled, can change brainwave patterns, making it an ideal addition to the bedroom. Grow it in direct sun and water weekly. Harvest and create your own scented satchels, simple syrups, soaps, and more!

ROSEMARY
Typically thought of as a kitchen companion, this Mediterranean herb stimulates brain activity and decreases stress levels. Just make sure your rosemary has proper lighting and keep the soil slightly damp—not too much water, not too little. Keep a plant in your kitchen and your nightstand for easy access.

EUCALYPTUS
You may recall the scent of eucalyptus in topical cold medications. Its strong aroma can leave you feeling immediately relieved and at peace—a plant version of a deep exhale. Grow in direct sun with high humidity and water frequently. (Pro tip: Tie a dried branch to your shower head for a daily spa-like experience).