

# Get the best night's sleep with THIS simple trick

WE are a nation always on the look out for a perfect night's sleep.

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This simple trick will help you to get to sleep as easily as possible

Sleep has many excellent benefits, from improved health to great skin and reduced stress levels.

The recommended amount of sleep is from seven to nine hours a night, although many struggle to get this much.

There are a wealth of sleep aids on the market, but dropping off naturally is preferable for those who don't want to take more pills than necessary.

Experts often advise ritual and routine to get your body in the mood for sleep and help you to nod off quickly.

Scent is a powerful trigger for sleep, as leading aromatherapist Karina Cox explained: "Can you cast your mind back to a time when a particular aroma caught you unawares, and you suddenly found yourself smiling; maybe there was a heady waft of jasmine, caught on the night-time breeze on a Greek island holiday?

"Or perhaps the sweet and spicy aromas of cinnamon, ginger or orange during a childhood Christmas, filling you with festive spirit and a sense of comfort?

"Now, every time you smell these aromas, you are transported back to those first experiences - suddenly you feel imbued with happiness, calm, bliss or even sleepiness.

"So, what is happening here?

"Are the effects purely psychological, or are there physiological changes occurring too?"

"The answer is both! And it's all due to a part of our brain known as 'the Limbic System' a complex system of brain structures which governs our most basic emotions and drives.

"Imagine inhaling some lavender essential oil, for example.

"Once the molecules of essential oil reach the limbic brain, the parasympathetic nervous system will start to do its work - blood pressure and stress hormones adjust and feelings of relaxation flood your body and mind.



A relaxing warm soak in the tub with a bath oil such as Olverum can help you to drift off naturally

"The area of the brain concerned with memory will 'file' this experience, so that thereafter, each time you smell lavender oil, this cascade of positive effects will kick in."

There have been studies around the world linking scent to changes in the body, as Karina revealed: "The Japanese Journal of Pharmacology researchers found that the simple inhalation of certain 'calming' essential oils reduced relative sympathetic nervous activity by 40 per cent."

Of course, oils are messy and best kept away from pristine bedsheets.

Instead, the best way to inhale a relaxing scent is in a warm bath, also known to encourage the body to wind down ready for bed.

There are oils on the market which are specifically designed to aid sleep, such as Olverum, which has a luxurious blend of ten sleep-inducing essential oils.

Adding to the advice about essential oils, sleep expert Sammy Margot has also shared her **tips for the best night's rest** in a video for Express.co.uk.