

Juli's Full Sleep Stack

A simple, realistic nighttime routine I use for deep, restorative sleep.

1. Essential Oils + Diffuser Routine

This is the foundation of my wind-down routine. Essential oils help calm the nervous system, signal safety to the brain, and ease the transition into sleep.

- 1 Lavender – calming and relaxing, supports the parasympathetic nervous system.
- 2 Frankincense – grounding, supports stress response and deep breathing.
- 3 Orange – gently calming and uplifting, helps quiet a racing mind.

Diffuser Recipe (Diffuser Bomb): 4 drops Lavender + 4 drops Frankincense + 4 drops Orange. You can also pre-mix these and diffuse nightly.

[Young Living Sleep Oils & Diffuser](#)

2. Magnesium Support

I take Full Spectrum Magnesium to relax muscles, calm the nervous system, and support deeper sleep.

[Full Spectrum Magnesium](#)

3. Melatonin (As Needed)

I occasionally use liquid melatonin when my circadian rhythm needs extra support. I don't take it every night—just when needed.

[Liquid Melatonin](#)

4. Adrenal Support (Dinner Time)

When stress feels elevated, I take Adrenal Soothe with dinner to help keep cortisol calm at night.

[Adrenal Soothe](#)

5. Hormone & Progesterone Support

I personally use compounded micronized progesterone (100 mg) as part of my sleep support. For women who are not doing hormone replacement therapy, there is also a non-HRT option that supports progesterone pathways naturally.

[Progesterone Support \(Non-HRT Option\)](#)

6. Sleep Environment

- 1 Sleep mask to block light and signal rest.
- 2 Fan on for airflow and white noise.
- 3 Wordle before bed to wind down instead of scrolling.

4 Sleeping with two French bulldogs — not ideal for space, but great for comfort.

[Favorite Sleep Mask](#)

7. Oura Ring – Sleep & Health Data

I love my Oura Ring because I love data. It tracks sleep stages, readiness, workouts, and daily steps so I can see what's working and adjust accordingly.

[Oura Ring](#)