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Sleep Supplements Guide

Supplements and
essential oils to help
you get a more restful
night's sleep

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**Thank you for
respecting the
hard work for the
author**

Medical Disclaimer

Consult with a clinician in your care

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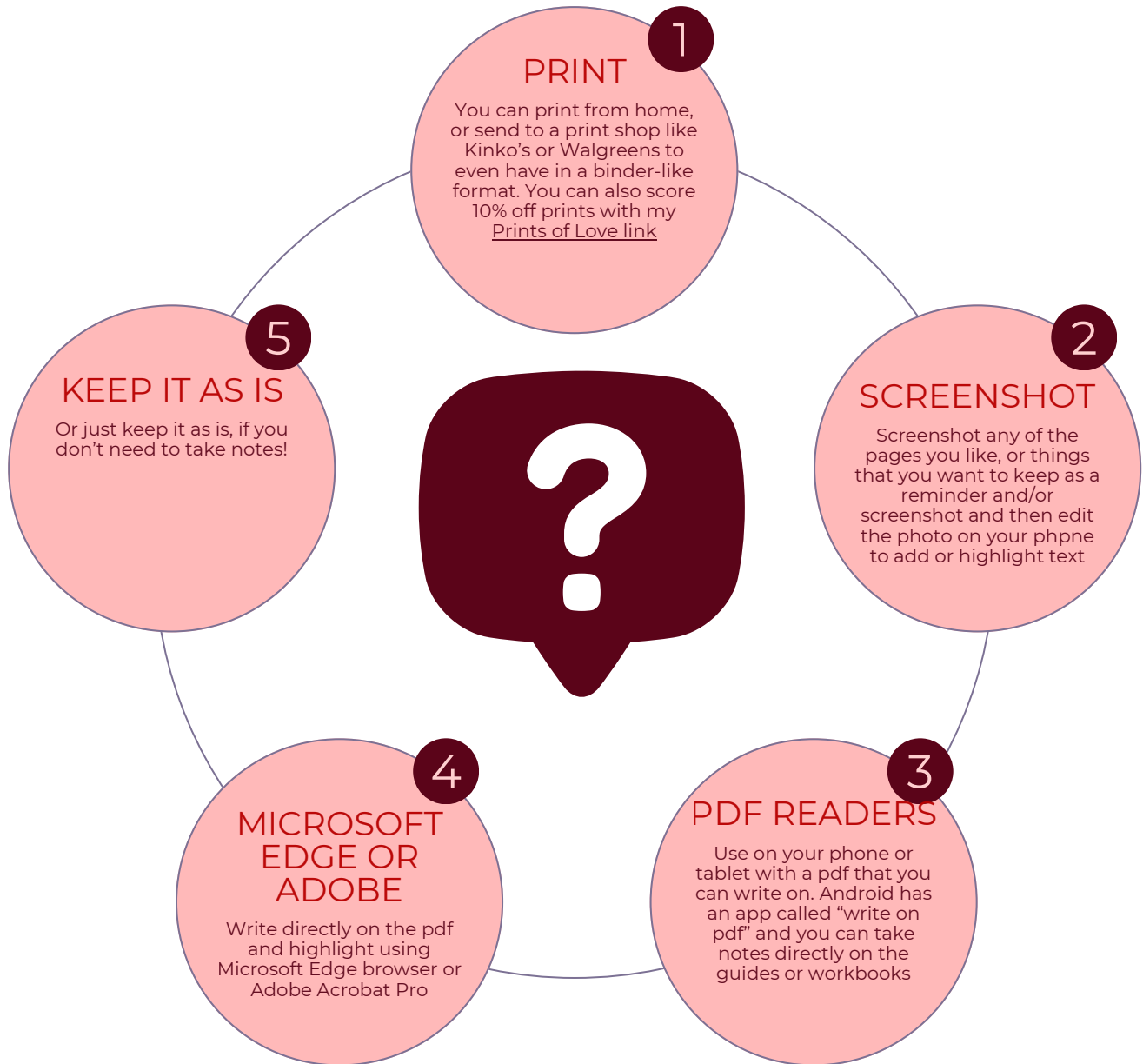
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Ways You Can Use This Guide: Here are Some Suggested Uses

If you like to take personal notes or be an active reader, there are ways you can still use this pdf guide to do that.



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Bedtime Routine

Tips, exercises, lifestyle and supplements



The Best Sleep Supplements

Valerian Root

Valerian root is an herb that acts as a mild sedative. It's often used as a natural remedy for anxiety and insomnia. Research suggests it can help people fall asleep faster and stay asleep longer. Like magnesium, it's believed to increase levels of GABA in the brain.

Magnesium

This mineral plays a role in over 300 processes in the body, including sleep. It relaxes muscles, lowers the stress hormone cortisol, and increases levels of the calming neurotransmitter GABA. There are many forms of magnesium. But magnesium glycinate is the go-to one for sleep.

L-Theanine

A household staple and has worked on the most troubled sleepers. It is a non-habit forming amino acid. It helps to promote a restful, relaxed state without diminishing daytime alertness. It was recommended to me that if I'm working a long day, I could take one pill at the office and then one before bed time. I've also heard that others will take one with their caffeine, 'cause they're sensitive, and this helped them be less jittery.

CBD

Charlotte's Web CBD is high quality and can be chosen as gummies or tinctures.



Essential Oils for Sleep

Essential oils have been used for centuries to calm the body and quiet the mind, and modern research is beginning to show why. Many oils—like lavender, chamomile, and valerian—contain natural compounds (such as linalool or apigenin) that can gently influence the nervous system, helping to reduce stress, ease anxiety, and encourage relaxation. When inhaled or applied topically, the aroma molecules travel through the olfactory system to the brain’s limbic region, the area that regulates emotions, heart rate, and sleep cycles. This connection makes certain oils powerful allies for signaling the body that it’s safe to rest, lowering sympathetic “fight-or-flight” activity, and supporting the natural rhythms that allow you to drift off more easily and sleep more deeply.

Lavender

Valerian

**Mandarin &
Sweet Orange**

German Chamomile

Lemon Balm

Petitgrain

Sandalwood

Ho Wood

Spikenard

Blends and Other Products from Plant Therapy

I love Plant Therapy for both the quality and price in which they provide. They also use their essential oils in other products like lotions, oils and spray

Blissful Dreams

Oil, Roll-On & Pillow Spray

Calming the Child

Chill Out

Monster Away Spray

Nighty Night

Relax

Rose Hydrosol

Sleep Aid

Sleep Body Oil

Sleep Tight

Sweet Dreams

Sweet Slumber

Tranquil

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Want to know WHY each essential oil works with suggested uses? Purchase the full Sleep Optimization Guide [here](#)

More Resources

to support your healing journey

Vagus Nerve Courses

It is **IMPOSSIBLE** to know what will work for your system until you try it. That's why a library of exercises is ultimately recommended

I have my ENTIRE vault of exercises for purchase, available in 3 tiers to fit every budget/lifestyle.

Nervous System Foundations

- **1/3** of my exercise vault
- **20** movements & exercises
- Why is the vagus nerve so important (a brief **overview**)
- Signs and symptoms of vagus nerve dysfunction
- Ways to improve vagus nerve signal (an **overview**)
- Product discounts
- BONUS: position chart
- BONUS: symptom chart

\$97 for lifetime access

Nervous System Integrations

- **2/3s** of my exercise vault
- **40** movements & exercises
- Why is the vagus nerve so important (a **deeper dive**)
- Signs and symptoms of vagus nerve dysfunction (**why some symptoms make sense**)
- Ways to improve vagus nerve signal (**more in depth**)
- Product discounts
- BONUS: position chart
- BONUS: symptom chart

\$197 for lifetime access

Pay as low as \$35/month with a payment plan

Nervous System Mastery

- My **FULL** exercise vault
- **60** movements & exercises
- Why is the vagus nerve so important (**the full view**)
- Signs and symptoms of vagus nerve dysfunction (why **each** symptom make sense)
- **All** ways to improve vagus nerve signal
- Product discounts
- BONUS: position chart
- BONUS: symptom chart
- BONUS: **recipes & meal plans**
- BONUS: **my virtual vagus nerve workshop**

\$347 for lifetime access

Pay as low as \$60/month with a payment plan

Nervous System Coaching

- personalized 1:1 guidance in your healing journey
- weekly 1-hour Zoom or phone calls (virtual sessions)
- daily check-ins (via text or e-mail)
- FREE access to the Nervous System Mastery Course
- FREE 3-months access to the NeuroFIT App
- choose your duration of commitment 1, 2 or 3 months

\$3000 per month

Pay as low as \$515/month with a payment plan

Want More?

If you liked this guide, I am always working on quite a few more resources!

For the most up-to-date guides, head to:
www.releaseology.com/sleep-resources

Book with Me!

Book a virtual session or in-person session in Tempe, AZ to get one on one personal guidance to improve your ability to sleep.

HSA cards accepted for AZ clients only



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About the Author

What makes Releaseology different and how I can help

About the Author

Hi! I'm Sara Becker, DPT (doctorate of physical therapy), Certified Health Coach, Nutritional Therapist, Vagus Nerve Guru and Movement Specialist. I pride myself on the nontraditional approach to healthcare as **I believe the body and brain are capable of so much more healing than traditional medicine has given it credit for.**

My journey into the world of physical therapy began with a deep fascination for the brain and nervous system—the way these intricate networks quietly orchestrate everything we do without our conscious awareness. It was always second nature to me, this understanding of how our bodies move, heal, and adapt. The nervous system just made sense.

Throughout my career, I dedicated myself to neurorehabilitation. I spent countless hours helping patients recover from life-altering events like strokes, traumatic brain injuries (concussions), and spinal cord injuries. These experiences were as challenging as they were rewarding, and they fueled my determination to help people regain not just their movement, but their independence, confidence, and quality of life.



Over time, I began to see a critical connection: true healing wasn't just about addressing muscles and joints—it was about working with the nervous system itself. Pain, stress, and dysfunction often have deeper roots in how the brain and body communicate. I realized that by targeting pain at its neurological source, I could help people experience deeper, lasting relief.

This revelation led me to immerse myself in perfecting hands-on techniques like neurokinetic therapy (NKT), vagus nerve regulation, dry needling, and myofascial release. I crafted a practice centered on holistic, root-cause healing that not only reduces pain and dysfunction but helps my clients feel more at ease in their bodies.

Let's Release Your Body's Own Healing Potential



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About Releaseology

At Releaseology, my mission is simple: to help you uncover the root cause of your pain, stress, or dysfunction—and give you the tools to finally release it. Unlike many traditional clinicians who focus only on the obvious symptoms, I take a deeper, more investigative approach. I look for the overlooked patterns, the hidden dysfunctions, and the subtle compensations that others might miss. This is where true, lasting change begins.

Why Releaseology Is Different

- **Root-Cause Focused:** I don't just treat where it hurts. I explore the nervous system, movement patterns, and compensations that are often ignored.
- **Hands-On Techniques:** From neurokinetic therapy and dry needling to cupping and fascial release, every session is tailored to you.
- **Rapid Results, Real Change:** My goal isn't to keep you coming back forever—it's to help you improve as quickly as possible while still making sustainable, long-term progress.

In-Person or Virtual Options

I offer in-person services in Tempe, Arizona, as well as highly curated virtual services. And here's something you should know about me: ***I don't do anything halfway.***



During COVID, insurance companies required that telehealth sessions be certified as “just as effective” as in-person care. At that time, I refused to offer virtual sessions because the tools I used then were most effective in person. I couldn't, in good conscience, promise the same results virtually. But today? That's different. The virtual services I now provide have been carefully designed and tested to be just as effective and valuable as my in-person care. When you book a virtual session, rest assured—it's because I know it will work.

Why This Matters? Whether you're here in Arizona or connecting with me virtually, you'll get the same level of detail, dedication, and results-driven care. I only offer what I know can help you feel and move better.

Ready to see the difference? Book with me [here](#)

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