

ascents™ Sleep No. 91 Patient Protocol

no. 91
sleep

SLEEP NO. 91

A soothing blend of lavender, marjoram, tangerine and ylang ylang that encourages rest.

Tangerine - USA

Obtained by steam distillation of the herb *Citrus sinensis*

Lavender - France

Obtained by steam distillation of the herb *Lavandula angustifolia*

Marjoram - Spain

Obtained by steam distillation of the herb *Origanum majorana*

Ylang Ylang - Indonesia

Obtained by steam distillation of the herb *Cananga odoratum*

It is recommended that Sleep be used at naptime and nighttime to promote relaxation. Using Sleep overnight also means no unfortunate side effects the next morning such as grogginess – a common concern with pharmaceutical sleep aids. Use Sleep as part of a consistent evening routine at home, or away from home. Keep a Sleep clinical aromatherapy essential oil sachet on the nightstand and in carry-on luggage for ease of access whenever better rest is required.

ascents™
Clinical Aromatherapy

CLASS

Essential Oils - 100% pure, no carrier oils. Tested and certified adulterant free.

ACTIONS

ascents™ Sleep No. 91 is a clinical aromatherapeutic essential oil blend used to encourage rest and promote sleep.

HANDLING & STORAGE

Store in tightly closed original sachet, in a cool, dry and ventilated area away from heat sources and protected from light.

FIRE PROTECTION

Keep away from ignition sources and naked flames. Take precautions to avoid static discharge in working areas.

STABILITY & REACTIVITY

ascents™ essential oil blends present no significant reactivity hazards, alone or when in contact with water. Avoid contact with strong acids, alkali or oxidizing agents.

DECOMPOSITION

Not a factor if aligned with shelf life.

SHELF LIFE

Minimum 6-12 months when stored within advised conditions.

DOSING

3 puffs/use. No concern of overdose; however wait 30-45 minutes to reuse.

ROUTE OF ADMINISTRATION: Use a sachet to inhale essential oil vapors into nostrils. Reuse for up to 30 days after opening.

Onset - inhalation: Immediate

Duration: Use as needed

CONTRAINDICATIONS

ascents™ products, as inhalation aromatherapy, are generally recognized as safe for pregnant women. Topical application of some essential oils has been known to have labor-inducing or other effects on pregnant women. Consult with your healthcare practitioner to see if topical application is safe for you.

The effect of tranquilizers, anticonvulsants, and antihistamines may be slightly enhanced by ascents™ Sleep No. 91.

WARNINGS

The presence of other medical problems has shown no affect with the use of this medicine. If ascents™ therapeutic essential oil blends are taken with certain other drugs, the effects of either could be increased, decreased, or altered. Therefore, avoid use of ascents™ with patients who suffer from severe asthma or multiple allergies.

Store away from fire or naked flame.

Store in cool place out of sunlight.

Use carefully during pregnancy.

Be aware of which essential oils are photosensitive, such as bergamot.

SIDE EFFECTS

No side effects have been reported with the use of scents™ essential oil blends. Using ascents™ blends carries no concern of overdose.

Check with your doctor as soon as possible if any of the following side effects occur:

Headache

Loss of smell/ inflammation of naval cavity

Pain

Skin rash

Sore throat

Unusual tiredness or weakness

Nausea

FIRST-AID MEASURES

Inhalation: Remove from exposure site to fresh air. Keep at rest. Obtain medical attention.

Eye Contact: Rinse immediately with plenty of water for at least 15 minutes. Contact a doctor if symptoms persist.

Skin Contact: Remove contaminated clothes. Wash thoroughly with soap and water, flush with plenty of water. If irritation persists, seek medical advice.

Ingestion: Rise mouth out with water. Seek medical advice immediately.

RESEARCH

Li-Wei Chien et al. examined the effects of 12 weeks of lavender aromatherapy on 67 women aged 45-55 who have self-reported sleep and heart rate variability with insomnia. The experimental round received 20 minute lavender inhalation twice per week for 12 weeks. The control group received a health education program for sleep with no intervention.

The results indicate that lavender inhalation may have a persistent short-term effect on HRV with an increase in parasympathetic modulation. Women receiving aromatherapy experienced significant improvements in sleep quality.

Aeroscena®

THE SCIENCE OF SCENT™

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