

# 10 PLANTS THAT WILL HELP YOU SLEEP BETTER

Looking for an alternative to help you catch those zzz's? Well look no further than our beautiful Mother Nature!

Keeping plants and foliage around the house make the space feel like a sanctuary where you can escape the stresses of the day, but they do a lot more than create a peaceful atmosphere at home: plants purify the air and replenish oxygen, both of which can aid in a more restful night.

Furthermore, certain plants can help to:

- improve sleep quality
- reduce stress
- decrease anxiety
- increase mental performance

Mind blown that making such a small change can actually have an impact on your sleep quality?

Well let's check out 10 different plants that will help you enjoy better relaxation, deeper sleep and more rest:



## JASMINE

Not just a beautiful sweet smell, but will decrease anxiety & increase mental performance, thus leaving your mind lighter & more receptive to sleep



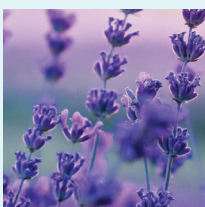
## ALOE VERA

One of nature's most healing plants, Aloe releases oxygen in the evening, which purifies the air and can lower benzene levels - a toxic chemical found in numerous household cleaners & products



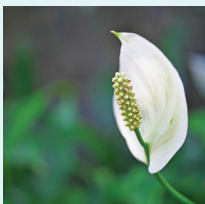
## SNAKE PLANT

One of the top 10 air-purifying plants, the Snake plant improves air quality and will help you breathe easier while you are asleep



## LAVENDER

The soothing aroma of lavender induces a state of calm, but a lavender plant can reduce anxiety and stress - also works wonders to soothe crying infants! New moms get yourself a lavender plant!!



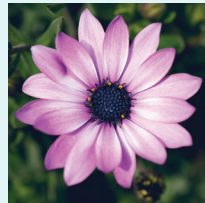
## PEACE LILY

Known to break down certain pollutants in the air, and when brought into the bedroom, the Peace Lily aids to deliver a more peaceful & restful sleep



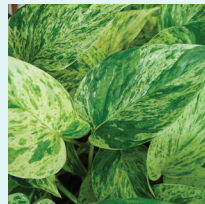
## ENGLISH IVY

Great for those with allergies, asthma, or anyone wanting cleaner air & better sleep, English Ivy purifies the air, removes toxins and reduces airborne mold



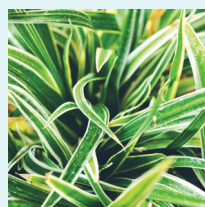
## GERBERA DAISY

Not just beautiful pops of colour to brighten the home, but increase oxygen flow and purify air at nighttime, thus permitting a deeper, more restful sleep



## GOLDEN POTHOS

Super low maintenance & will purify the air and remove toxins, and if you leave them by a window, they will filter out pollutants coming in from the outside



## SPIDER PLANT

In addition to removing toxins & purifying the air, Spider plants can also remove unwanted odor & sustain oxygen levels -> better sleep



## GARDENIA

Similar to its Jasmine, Gardenia looks and smells beautiful, but also works to induce sleep by reducing stress, anxiety and/or insomnia. Some even call Gardenia a natural sedative as effective as Valium!