

# Insomnia and TMD Relief Using Essential Oils

## Ingredients

*Serving Size:* 15 oz

*Container:* 15 oz Amber Bottle

### *Essential Oils:*

10 drops – Sweet Orange Essential Oil (*Citrus sinensis*)

7 drops – Lavender Essential Oil (*Lavandula angustifolia*)

7 drops – Vetiver Essential Oil (*Vitiveria zizaniodes*)

4 drops – Roman Chamomile Essential Oil (*Chamaemelum nobile*)

### *Base Oil:*

10 ml – Sweet Almond Oil (*Prunus amygdalis var. Dulcis*) or any Base oil

4 ml – Aloe Vera or any Base oil

### *Instructions:*

Add a very light coat of oil onto your finger tips and apply to the temporalis and masseter muscles and posterior base of skull. Use 3x per day

\* I've modified the recipe from the case study listed above. Adjust the oils to suit your personal needs.

## Abstract

Female client has experienced insomnia for 18 years and has been diagnosed with temporomandibular disorder (TMD) for 4 years. The client has not found relief for either issue and is willing to try aromatherapy. She was given an essential oil blend consisting of Sweet Orange, Lavender, Vetiver, and

Roman Chamomile. The client noticed immediate results. She gets a more restful night of sleep and her jaw feels more relaxed upon waking.

### **Case Description**

Subject (L.S) is a 37 year old Caucasian female who has insomnia and temporomandibular disorder (TMD). She would like an oil that will help with her sleep and jaw issues.

L.S. doesn't have a problem falling asleep; however, she will wake up in the middle of the night and can't fall back asleep. Client has had insomnia issues since she was 18 years old and TMD for the past 4 years. She notices when awaking that her tongue is pressed firmly to the roof of her mouth and that her jaw is very tight in the morning. She has been diagnosed with TMD from her dentist and currently sleeps with a night guard to reduce the amount of teeth grinding. L.S. does not notice any clenching of her jaw or grinding of her teeth during the day.

L.S. has an active lifestyle, runs 2-3 times a week and eats nutritious food. L.S. contributes her sleeping jaw issues to an overactive mind. She has a difficult time relaxing. She used to take over the counter melatonin or nighttime cough medicine to help her sleep. Melatonin made her very tired in the morning.

### **Literature Review**

Sweet Orange *Citrus sinensis* is produced in the United States, New Guinea, Brazil, Italy, West Indies, Spain, Palestine, Israel, Cyprus, and Japan. (American College of Healthcare Sciences, 2011) The outer peel of the orange is distilled to make the essential oil. The oil has an antidepressant, sedative, and calming quality. (Lehrner, Eckersberger, Walla, Potsch, & Deecke, 2000)

Lavender *Lavandula angustifolia* (also known as *Lavandula*

*officinalis*) essential oil is distilled from the flower stalks and flowers. Nervine and sedative qualities are attributed to this oil.

Vetiver *Vetiveria zizaniodes* comes from Haiti and is steam distilled from the plant's root. It is known for its anti-inflammatory, antispasmodic, and relaxant qualities. (Essential Science Publishing, 2009)

Roman Chamomile *Chamaemelum nobile* essential oil is distilled from the chamomile flower and is grown for oil extraction in Europe, Britain, Italy, France and the United States." (American College of Healthcare Sciences, 2011) It contains high levels of esters which are known antispasmodics. Roman Chamomile also contain anti-inflammatory, antibacterial, antidepressant and sedative qualities.

### **Treatment Protocols/Methods**

L.S. was given a 15 ml bottle with the following essential oil blend: Sweet Orange *Citrus sinensis* Lavender *Lavandula angustifolia*, Vetiver *Vetiveria zizanioides*, Chamomile (Roman) *Chamaemelum nobile*. Aloe Vera oil was used as the base oil. The client was instructed to administer a very light coat of oil using her finger tips, three times daily, before bedtime, to the temporalis and masseter muscles and posterior base of skull.

The client was informed to not use this product if she is trying to get pregnant because vetiver (orally) is used as a uterine stimulant to promote menses and to cause abortion. (Therapeutic Research Faculty, 2011)

### **Client Response**

CL.S. stated that initially the oil felt oily but absorbed into the skin. Within the first 10 minutes her skin felt pleasant and cool. Her initial impression was that she felt

more relaxed and her jaw felt less tight in the morning. After 3-4 days, L.S. has noticed a significant change in her sleeping pattern. Her jaw feels less tight upon waking and she falls quickly back to sleep if awoken during the night. Two weeks after her taking the blend, L.S. feels the quality of her sleep has improved and she feels clearheaded upon waking.

### **Evaluation**

The overall effectiveness of the essential oil blend was positive. The client is still wearing a night guard for teeth grinding; however, her sleep is deep and restful and her jaw feels more relaxed upon waking thus the blend has met and exceeded the client's expectations.

### **References**

American College of Healthcare Sciences. (2011). *Aroma 101 Introduction to Aromatherapy*. Portland: American College of Healthcare Sciences.

Essential Science Publishing. (2009). *Essential Oils Desk Reference* (4th ed.). Essential Science Publishing.

Holmes, C., Hopkins, V., Hensford, C., MacLaughlin, V., Wilkinson, D., & Rosenvinge, H. (2002, April). Lavender oil as a treatment for agitated behaviour in severe dementia: a placebo controlled study. *International Journal of Geriatric Psychiatry, 17*(4), 305-308.

Kritsidima, M., Newton, T., & Asimakopoulou, K. (2010, February). The effects of lavender scent on dental patient anxiety levels: a cluster randomised-controlled trial. *Community Dentistry Oral Epidemiology, 38*(1), 83-7.

Lehrner, J., Eckersberger, C., Walla, P., Potsch, G., & Deecke, L. (2000, October 1-15). Ambient odor of orange in a dental office reduces anxiety and improves mood in female

patients. *Physiology & Behavior*, 71(1-2), 83-86.

Lehrner, J., Marwinski, G., Lehr, S., Jhren, P., & Deecke, L. (2005, September 15). Ambient odors of orange and lavender reduce anxiety and improve mood in a dental office. *Physiology & Behavior*, 86(1-2), 92-95.

Safayhi, H., Sabieraj, J., & Ammon, H. (1994). Chamazulene: an antioxidant-type inhibitor of leukotriene B4 formation. *Planta Medica*, 410-3.

Srivastava, J. K., Shanka, E., & Gupta, S. (2010, November 1). Chamomile: A herbal medicine of the past with bright future. *Molecular Medicine Report*, 3(6), 895-901.

Therapeutic Research Faculty. (2011, December 24). *Search Results: Vetiver*. Retrieved from Natural Medicines Comprehensive Database: <http://naturaldatabase.therapeuticresearch.com/nd/Search.aspx?cs=&s=ND&pt=100&id=695&ds=safety&name=VETIVER&searchid=3183867>