EO GARAGE

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THE MEN'S SLEEP RESET

Sound Therapy + Essential Oils for Better Sleep

A no-fluff guide for guys who are tired of being tired.

WHAT'S INSIDE:

- Why your brain won't shut off at night
- How sound therapy + essential oils work together
- 4 sleep blend recipes ready to use tonight
- A simple 20-minute wind-down routine

FREE GUIDE

Visit eogarage.com for more blends, tips, and tools for men.

Why Your Brain Won't Shut Off at Night

You hit the pillow exhausted. Work thoughts, random to-do lists, stuff from ten years ago — your brain decides right now is the perfect time to process all of it. Sound familiar?

You're not broken. For a lot of men, the issue is that we push hard all day and then expect our nervous system to just flip a switch. It doesn't work that way. Your body needs a transition — a signal that it's safe to power down.

That's exactly where sound therapy and essential oils come in. Not as magic fixes, but as practical tools that help your brain and body shift gears more naturally.

> *"Think of it like a cool-down after a hard workout — your nervous system needs its own version of that."*

What's Actually Happening

When you're wound up, your body is running on cortisol and adrenaline — the same chemicals that kept us alert to danger. Helpful then. Not great at 11pm. Two things directly counteract this response:

- **Scent via essential oils —** certain aromas communicate directly with the limbic system, the part of your brain that handles emotion and stress response.
- **Sound frequencies —** specific tones like binaural beats and nature sounds can gently guide your brainwaves from an alert Beta state down into relaxed Alpha or sleep-ready Theta.

Used together, they create a multi-sensory wind-down that works faster and more consistently than either one alone.

Sound Therapy — The Short Version

You don't need expensive equipment. The goal is to give your brain something calm and repetitive to focus on — pulling it away from anxious, looping thoughts. Here are the four sounds that work best for sleep:

Sound Type	Best For	Where to Find It
Binaural Beats (Delta)	Deep sleep induction	YouTube / Spotify
Brown Noise	Quieting mental chatter	YouTube / Calm
Nature Sounds	General relaxation	Free on YouTube
432hz Music	Tension release	YouTube / Spotify

- Start with brown noise if you've never tried this before — it works for almost everyone on the first night.
- Headphones give the best results for binaural beats, but a phone on your nightstand works fine too.

All four of these are free on YouTube. Search the sound type plus "sleep" or "8 hours" and you'll find plenty of options.

Essential Oils for Sleep

Stick with these five oils. They're widely available, affordable, and have the most consistent calming effect. You don't need all of them — one or two is a solid start.

Look for 100% pure, therapeutic-grade oils for the best results. Most health food stores carry them, or try brands like doTERRA and Young Living.

Lavender	The classic. Calms the nervous system, slows heart rate. If you only buy one oil, make it this one.
Cedarwood	Earthy and grounding. Great for men who find lavender too floral. Works solo or blended.
Vetiver	Deep, smoky, powerfully sedating. Thick and earthy — a little goes a long way.
Roman Chamomile	Gentle and slightly sweet. Particularly good for quieting an overactive mind at night.
Frankincense	Deepens breathing and promotes a quiet sense of calm. Excellent base note in any sleep blend.

4 Sleep Blends — Ready to Use Tonight

Add the drops to your diffuser with water and start your matched sound. Run it for 30–60 minutes as you wind down. Each blend is paired with the sound that works best with it.

Blend 1 — The Deep Switch

Sound: Delta binaural beats

Cedarwood — 3 drops

Vetiver — 2 drops

Lavender — 2 drops

Heavy and grounding. Best for nights when you really need to power all the way down.

Blend 2 — Quiet the Noise

Sound: Brown noise or steady rain

Frankincense — 3 drops

Roman Chamomile — 2 drops

Lavender — 2 drops

The frankincense deepens your breathing within minutes. Great for an overactive mind.

4 Sleep Blends — Continued

Blend 3 — The Night Shift

Sound: 432hz sleep music

Vetiver — 2 drops

Cedarwood — 2 drops

Frankincense — 3 drops

No lavender — darker, more masculine in scent. Good for late nights when you have to be up early.

Blend 4 — Easy Sunday

Sound: Nature sounds — creek or forest

Lavender — 3 drops

Roman Chamomile — 3 drops

Cedarwood — 1 drop

The lightest blend on the list. The best starting point if you're brand new to diffusing for sleep.

Not sure where to start? Try Blend 4 first. Once comfortable, work up to Blend 1 for a deeper effect.

Your 20-Minute Wind-Down Routine

You don't have to overhaul your life. This takes 20 minutes and you can start tonight. Consistency is what makes it work — your brain starts associating these cues with sleep, and the transition gets faster over time.

20 min	**Set up your diffuser** Pick one of the four blends and get it running. Give it a few minutes to fill the room.
18 min	**Start your sound** Pull up binaural beats, brown noise, or nature sounds. Keep the volume low.
15 min	**Screens down** Phone face-down. TV off. The hardest step for most guys — and the most important.
10 min	**Do something low-key** Read a physical book or do light stretching. Let the sound and oils do their work.
Lights out	**Keep the sound going** Leave it running as you drift off. Headphones work best for binaural beats.

A Few Last Tips Before You Start

Give it three nights. The first night your brain may still resist. By night three, most guys notice a real difference. Stick with it.

Start with one thing. If adding both sound and oils feels like too much, just pick one. Even a single oil in your diffuser is a step forward.

Keep the diffuser close. Within 6-10 feet of where you sleep. You don't need to be surrounded — just enough that the scent is present.

Less is more with oils. 3-7 drops total is plenty. More isn't better — a heavy scent can actually be stimulating rather than relaxing.

Want More Like This?

EO Garage is built for guys who want practical, no-nonsense guidance on essential oils, sound therapy, and stress relief — without the fluff.

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