

DEALS

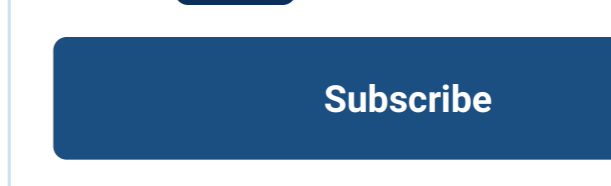
Catching Zzz's: 5 Amazon buys that could help you sleep better at night

Check out these Amazon steals that could help you get a better night's rest

By Jené Luciani Sena · Fox News

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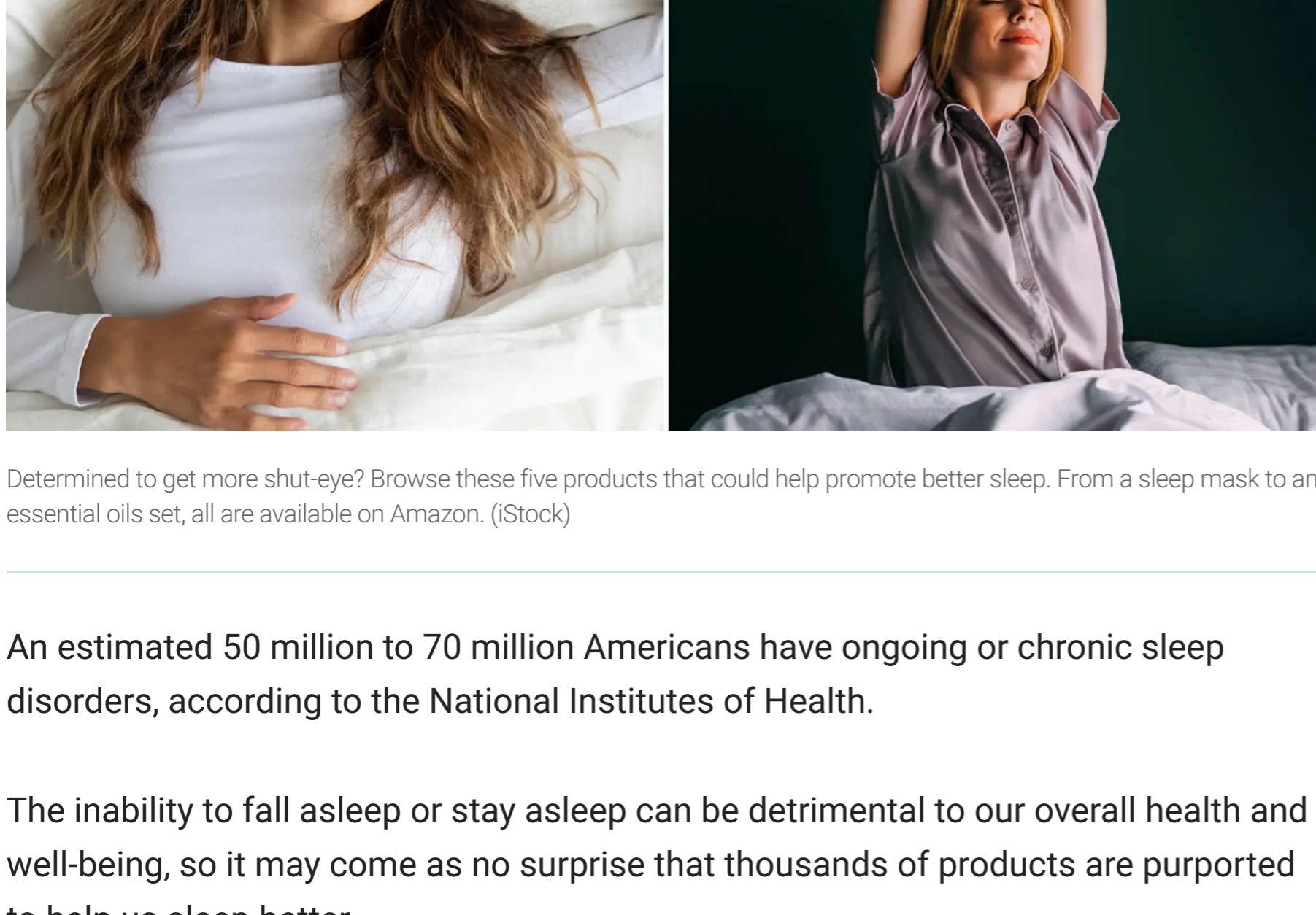
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Determined to get more shut-eye? Browse these five products that could help promote better sleep. From a sleep mask to an essential oils set, all are available on Amazon. (Stock)

An estimated 50 million to 70 million Americans have ongoing or chronic sleep disorders, according to the National Institutes of Health.

The inability to fall asleep or stay asleep can be detrimental to our overall health and well-being, so it may come as no surprise that thousands of products are purported to help us sleep better.

But which ones are worth the money?

STOCK UP ON THESE 12 FITNESS ESSENTIALS DURING AMAZON'S BIG SPRING SALE

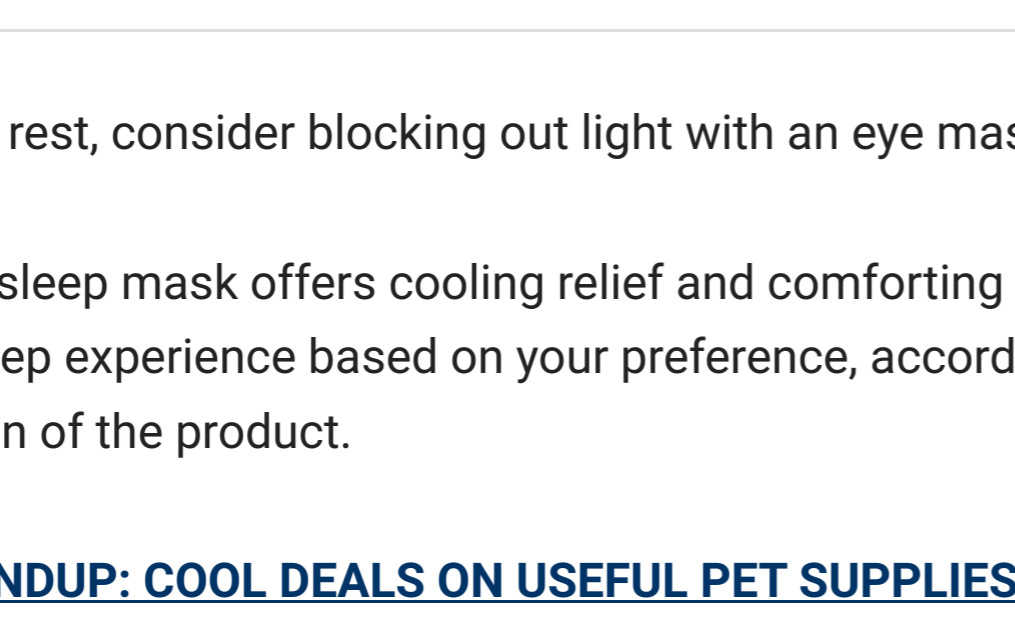
Read on for five personal care products that might help you achieve a better night's sleep.

You can find all of these items on Amazon, and they can be delivered to your door in 24 hours if you're an Amazon Prime member.

You can join or start a 30-day free trial to shop.

- **TheraICE Sleep Mask and Cooling Gel**
- **NIDRA Tart Cherry by Leafy Organics**
- **Reveka Skincare Tea Treat and Peppermint Body Bar**
- **Treefrog Topical Pain Relief**
- **Aromatherapy Diffuser and Essential Oil Set**

TheraICE Sleep Mask and Cooling Gel, \$24.95, Amazon



This mask offers cooling relief or warmth, as well as total darkness for a peaceful rest. (Amazon)

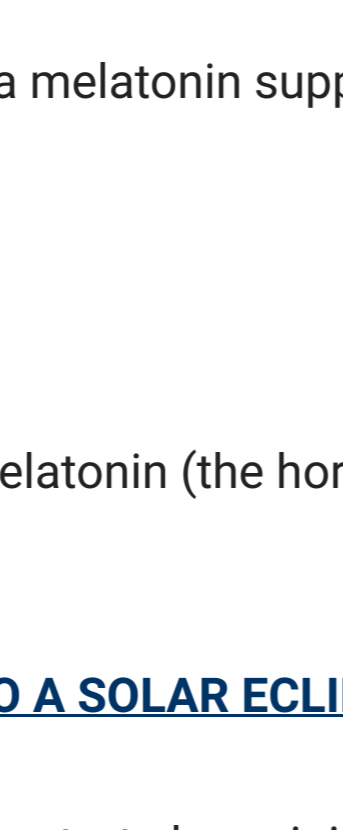
For a better night's rest, consider blocking out light with an eye mask.

This one-of-a-kind sleep mask offers cooling relief and comforting warmth, enhancing your sleep experience based on your preference, according to the Amazon description of the product.

PET LOVERS' ROUNDUP: COOL DEALS ON USEFUL PET SUPPLIES AND ACCESSORIES

It is also perfectly weighted to provide a gentle, soothing pressure – which claims to assist in faster sleep induction and better sleep quality.

NIDRA Tart Cherry by Leafy Organics, \$33.00, Amazon



Just a few drops of tart cherry before bed might help you get a better night's rest without artificial methods. (Amazon)

Instead of taking sleeping pills or a melatonin supplement, try this NIDRA Tart Cherry.

Cherries are a natural source of melatonin (the hormone that regulates sleep-wake cycles).

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Studies have shown that consuming tart cherry juice could elevate melatonin levels in the body, which might promote better sleep, according to Texas Health Resources.

Before bedtime, consider trying a few drops of the tart cherry supplement by Leafy Organics, a product that's made in the U.S.

Reveka Skincare Tea Tree and Peppermint Body Bar, \$38.97, Amazon



This soap is said to be suitable for all skin types. (Amazon)

A hot bath can be a great way to unwind and make you nice and sleepy before you turn in for the night.

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Reveka's soap contains magnesium chloride, which not only promotes restful sleep (according to the National Sleep Foundation), but also tissue repair and muscle recovery.

In addition, it soothes skin and helps alleviate common skin conditions like eczema and psoriasis.

Treefrog Topical Pain Relief, \$39.99, Amazon



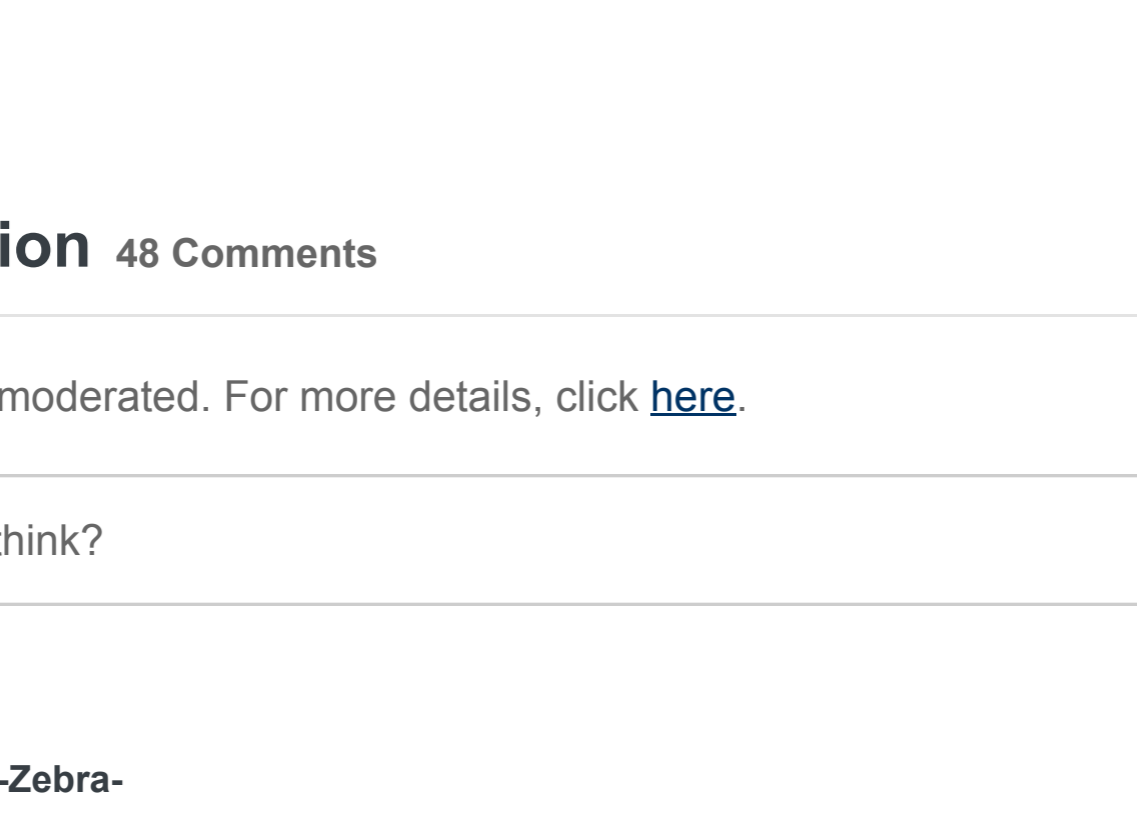
If you experience muscle aches and pains that disrupt your sleep patterns, consider trying this soothing gel before bedtime. (Amazon)

One cause of restless sleep? [Muscle aches](#) and pains.

Developed in the rainforests of Costa Rica, Treefrog is a plant-based gel that absorbs quickly, is non-greasy and has a clean scent, so you can drift off to dreamland pain-free.

Just rub it on before bed to reap its slumber-inducing benefits.

Aromatherapy Diffuser and Essential Oil Set, \$19.94, Amazon



This dark brown version of the Aromatherapy Diffuser and Essential Oil Set is currently 60% off on Amazon. (Amazon)

There have been several studies on the benefits of essential oils like lavender to help you sleep and even [cure insomnia](#).

So-called "aroma intervention" can be easily done by plugging in a diffuser and allowing the oils to permeate the air around you.

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This affordable set makes it easy because it includes the diffuser and 10 therapeutic oil blends.

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Jené Luciani Sena is a contributing lifestyle reporter for Fox News Digital.

Conversation 48 Comments 4 Viewing

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I am going to buy a Log Roller/Cant Hook because I am falling trees on my property. I looked on Amazon to see what they have and it was 15 dollars more to buy it on Amazon than just buying from the actual company. That's with the extra cost of shipping through the actual company. I use Amazon mor...
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I'm more comfortable saying 'felling trees'. And tell us how you feel about loaves of bread at the grocery.
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I do the same. I think it's fair, considering so many people have used their local retailers as Amazon's showroom, then when they're ready to buy, they go to Amazon. I look at things on Amazon, then buy locally.
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