



A FREE MINI-GUIDE FROM VORTEX HEALING CENTRE

Crystals for Sleep

*Five bedside stones, a simple 3-step bedtime ritual, and
how to pair your crystal with an essence*



With Blon (Barbara Longue) and Grandmother Sue (Earthkeeper Barbara
Susan Christiansen)

Gray, Tasmania • Trusted since 2010

vortexhealingcentre.com

A welcome note from Blon

Hello, and welcome.

I'm Blon (Barbara Longue). Grandmother Sue and I look after Vortex Healing Centre, a not-for-profit healing sanctuary on 17 acres of rainforest at Gray, on Tasmania's east coast.

Some nights the body is tired but the mind won't stop. People often ask us which crystals to keep by the bed, so we've gathered the stones we're asked about most, a simple bedtime ritual, and a few honest care notes.

I choose the crystals in our shop myself, and every one is charged on the Vortex at 215 Dalmayne Road, Gray, before it goes out to you.

A crystal won't do the sleeping for you, and it isn't a treatment. What it can be is a small, steady signal to yourself that the day is done and it's time to rest. Take what feels right and leave the rest.

My favourite way to wind down

One of the best ways to wind down at night is actually to have a set time that you go to bed. And it has to be *before* you are overly tired. That means going to bed when you still feel like you could do something, but allowing yourself to rest in place instead of doom scrolling on social media. Reading a book often puts me to sleep, and even listening to an audio book will do the same.

*Warmly,
Blon*

A gentle word before we begin

Crystals belong to spiritual practice, not medicine. If you've had trouble falling or staying asleep for a while, please talk with your GP. healthdirect suggests seeing your doctor if you're having trouble sleeping. Your crystal can sit happily alongside whatever your doctor suggests.

Five crystals for sleep

The best crystal for you is the one you feel drawn to. Here are four favourites from our shop, plus the stone Grandmother Sue keeps by her own bed.

1 Dream (chevron) amethyst: the bedside favourite

If we had to name one stone people reach for at bedtime, it's amethyst. In crystal traditions it's thought of as a calm, quietening stone, and dream amethyst, with its white chevron bands through the violet, has a long association with dreamwork. Our crystals page lists it among our crystals for sleep.

How to use it: Stand a point on your bedside table where you can see it as you settle. Amethyst is a hard stone (7 on the Mohs scale), so it's happy there. Keep it out of a sunny window, as amethyst can fade with long exposure to strong light or heat.

✦ In our shop: [Dream Chevron Amethyst natural points](#) · [Dream Amethyst polished points from Zambia](#)

2 Lepidolite: for times of change

Lepidolite is a lilac-grey mica with a soft, almost silky feel. Crystal workers often choose it for calm during times of change, such as a move, a loss or a new chapter. It's also a lithium-bearing mineral. You may read claims about that, but we don't make any. We simply love how gentle it feels in the hand.

How to use it: Hold a palm stone as you settle. It's soft (about 2.5 to 3 on the Mohs scale) and made of thin layers, so keep it dry and store it on its own.

✦ In our shop: [Lepidolite palm stones](#)

3 Rose quartz: kindness at the end of the day

Some sleepless nights are really about being hard on ourselves. Rose quartz is the classic heart stone in crystal traditions, a reminder of self-kindness and love.

How to use it: Hold a smooth piece while you name one thing you're grateful for. It's a beautiful way to close the day. Rose quartz is hard (7 on the Mohs scale) and easy to care for.

✦ In our shop: [Gemmy Rose Quartz palm stones](#)

4 Smoky quartz: grounding before sleep

When your thoughts feel scattered, a grounding stone can help you come back to your body before you lie down. Smoky quartz is the grounding stone we're asked about most, and our crystals page lists it among our crystals for grounding.

How to use it: Before bed, sit with your feet on the floor and hold the stone for a few slow breaths, then rest it under the bed or on your bedside table.

✦ Find it in our [crystals shop](#)

5 Grandmother Sue's bedside stone: apophyllite

Sue keeps apophyllite by her bed to encourage beautiful dreams.

Where to put your crystal

- **Bedside table.** The easiest spot, and safe for most stones.
- **Under the bed or mattress.** Choose a smooth, sturdy stone so nothing breaks.
- **Under the pillow.** Only a small, smooth stone, and only if it doesn't disturb your sleep.
- **Never in a cot or a child's bed.** Small stones can be a choking hazard. Keep them well out of reach of babies, young children and pets.

Caring for your sleep crystals

- **Dust gently** with a soft, dry cloth or brush.
- **Keep lepidolite dry.** It's soft and layered, so don't soak or scrub it.
- **Mind the sunshine.** Amethyst can fade in strong light or heat.
- **Store them apart** so softer stones don't get scratched.

A simple 3-step bedtime ritual

You don't need anything fancy. Try this for a week and see how it feels.

1

Put the day down

Go to bed at your set time, while you still feel you could do something. Put the screens away: healthdirect suggests avoiding screens in the bedroom and not using them for an hour before bed, and that hour is a perfect time for this ritual. Sit on the edge of the bed and hold your crystal in both hands. Notice its weight and temperature.

2

Breathe and let go

Take five slow breaths, letting each out-breath be a little longer than the in-breath. Then say quietly, "I let today go," or choose words of your own.

3

Rest it beside you

Place the crystal on your bedside table or under the bed, and lie down. If a crystal ever feels too busy for your bedroom, move it to another room. Trust your own sense of what feels right.

Drift off with a meditation

If you'd like a voice to guide you, listen to our ["Fall Asleep Fast" deep sleep meditation music](#) on YouTube as you lie down. Or, as Blon says, a book or an audio book can work beautifully too.

Pairing your crystal with an essence

Our essences are made from native flowers grown on the property and special crystals charged on the Vortex. Waratah is in almost every one. Our crystals page suggests choosing an essence based on your intention at the moment, so a simple way to pair is to let your crystal and your essence share one intention.

Our evening essence: AWE

"The AWE essence is a good one to take before the evening, as it will help you find your own clarity during the night and allow you to release what no longer serves your highest good."

Blon

Pair it with smoky quartz. Our crystals page lists AWE and smoky quartz together under crystals for grounding. Take your AWE drops before the evening, then hold your smoky quartz in the bedtime ritual.

✦ AWE Essence: clarity of thought and deeper meditation, with Australian waratah, auralite and Vortex energies.

Our other best sellers:

- Mary: purity and love, for heart openness and gentle clarity. Our crystals page lists Mary with rose quartz and lepidolite under crystals for love.
- I AM: Grandmother Sue's formula for spiritual growth and embodying a clearer "I AM" presence.

How to take an essence

From our essence FAQ: start with a small dose to make sure there are no odd reactions, then build up to 7 drops a day. We recommend a 21-day series, but use your own guidance. Our essences are stabilised with Australian brandy, so if you're allergic to alcohol they're not for you.

When you're ready

If one of these stones has called to you, every crystal in our shop is hand-selected and charged on the Vortex before it goes out. We offer Australia-wide shipping, or local pickup at Gray TAS 7215.

Shop crystals

Shop essences

- [Best-Selling Essence Bundle](#): one each of I AM, Mary, Tas Healer + and Awe +
- Sue and Blon's Vortex books: [The History of the Tasmanian Vortex, Part 1](#) and [Part 2](#)
- Our full guide to [crystals for meditation, sleep, protection, focus and love](#)
- More support with rest: [Sound Healing](#), a one-to-one [Private Healing Session](#) with Blon or Sue by phone or Zoom, or [Live Group Meditations at the Vortex](#)

Come and sit with the land

We're open 1 pm to 3 pm every day, or by appointment, at 215 Dalmayne Road, Elephant Pass, Gray TAS 7215.

Phone 0418 515 419 • support@vortexhealingcentre.com • vortexhealingcentre.com

Sleep gently,

Blon and Grandmother Sue

A gentle wellness note

This guide shares spiritual and relaxation practices. It is not medical advice, and our crystals and essences are not a treatment or cure for insomnia or any health condition. If trouble sleeping goes on, or anxiety is affecting your sleep or your days, please talk with your GP or a health professional. Keep crystals out of reach of babies, young children and pets. Vortex Healing Centre is not connected with the VortexHealing® Divine Energy Healing modality. We're simply a healing centre on the Tasmanian Vortex.