

# THE WISDOM OF TEA

## HERBAL TEAS FOR SLEEP



There is something uniquely comforting about curling up with a hot cup of tea at the end of a long day. That nightly cup of tea may be the solution to your bedtime woes.

You can and should be cautious when it comes to prescription drugs for sleep. Prescription sleeping pills can have side effects such as headache, dizziness, daytime drowsiness, and a possible dependency. And while they may be necessary for chronic sleep issues and insomnia when recommended by your doctor, herbal teas can be a gentle alternative to occasional sleep problems with less side effects and interactions.

### Best Herbal Teas for Sleep



**Chamomile** - It's calming effects are due to Apigenin - an antioxidant found in chamomile that binds to receptors in the brain that decrease anxiety and induce sleep.



**Lavender** - Known for its anti-anxiety effects and relaxing aroma, it is best used for people who have difficulty sleeping due to feelings of worry and/or stress.



**Valerian** - A review of 16 studies involving over 1000 people with insomnia, found that valerian was an effective natural sleep aid. It has shown to reduce the time it takes to fall asleep.



**Holy Basil** - Not a direct sleep aid but does have relaxing and calming effects that can help with sleep issues related to stress and anxiety.



**Lemon Balm** - May act as a mild sedative due to it's ability to increase levels of GABA - a calming neurotransmitter.



**Passionflower** - May be as effective as prescription for some people and may improve overall sleep quality.

*Herbs taken in the form of tea offer the added benefits of hydration and aromatherapy.*



Herbal teas are an infusion of the plant which means that they are less potent than herbal supplements. This makes them safer for anyone with medical issues or taking medication. All herbal products should be discussed with your doctor, pharmacist or health care professional if you have any medical issues.

Sources: <https://www.webmd.com/sleep-disorders/guide/understanding-the-side-effects-of-sleeping-pills#2>  
<https://elixirpure.com/blogs/news/valerian-root-dosage-for-insomnia-how-much-should-you-take>  
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