Teapigs Lullaby: A Chamomile, Lavender & Valerian Bedtime Blend

From the teas.co.uk wiki

> **Teapigs Lullaby, in summary:** Teapigs Lullaby stacks chamomile, lavender and valerian for the UK supermarket's most-layered evening sleep cup. Why the three herbs work together.

Last reviewed by the teas.co.uk team in May 2026.

Teapigs Lullaby is the brand's bedtime triple, chamomile + lavender + valerian + supporting herbs in a temple bag. The strongest sleep blend in the Teapigs range and one of the better UK supermarket tier bedtime teas. The triple herb stack delivers stronger settling than single herb bedtime teas. Worth keeping for the difficult sleep nights.

The blend

Teapigs Lullaby contains:

- Chamomile flowers.
- Lavender flowers.
- Valerian root.
- Sometimes supporting herbs (lemon balm, oat flower).

The triple active stack is the differentiator from single herb chamomile or pure lavender blends.

How it tastes

- **Aroma:** Floral lavender + apple honey chamomile + earthy valerian.
- **First sip:** Sweet floral.
- **Mid cup:** Lavender prominence; valerian's distinctive earthy note in background.
- **Finish:** Restful, slightly drying, settling.

Curator Rating: 4.9/5.

The active ingredients

Chamomile (apigenin)

Mild GABA A modulator. Gentle settling.

Lavender (linalool)

Anxiolytic. Strong evidence for a general settling effect.

Valerian (valerenic acid)

Strongest single sleep supportive herb. Direct GABA modulation.

Combined effect

Multiple GABA system actives operating simultaneously. Stronger than any single herb. Closer to natural sleep supportive than single herb bedtime tea.

How to brew

1. 1 temple bag in a mug.
2. 200ml just boiled water.
3. Cover the cup. Steep 5-7 minutes (full extraction).
4. Drink 60-90 minutes before bed.

The bedtime protocol

The optimal use

1. Brew Teapigs Lullaby 60-90 minutes before target bedtime.
2. Sit somewhere quiet, away from screens.
3. Read fiction or breathe deliberately.
4. Drink slowly across 15-30 minutes.
5. Maintain consistent bedtime routine.

What it pairs with

- Dim lighting.
- Cool bedroom (16-18°C).
- No screens.
- Reading paper.
- Light stretching.
- Bath or shower.

Compared to other UK sleep teas

vs Pukka Night Time

Pukka Night Time uses oat flower + lavender + valerian. Teapigs Lullaby uses chamomile + lavender + valerian. Both excellent; slightly different active stacks.

vs Twinings Sleep

Twinings Sleep is mainstream tier with similar herbs. Teapigs is premium temple bag.

vs Clipper Snore & Peace

Clipper uses chamomile + valerian. Teapigs adds lavender for the third active.

vs single herb chamomile or valerian

Single herb teas are gentler. Lullaby is for nights when you need stronger settling.

The valerian taste consideration

Valerian has a distinctive earthy musky flavour that some people find unpleasant. The chamomile and lavender in Lullaby help mask it but don't eliminate it. If you've tried valerian based teas and disliked the flavour, Lullaby may not work for you.

Caffeine

0mg.

Vegan

Yes, plant based.

Pregnancy

Lavender and valerian aren't generally recommended in pregnancy. Pregnant women should switch to plain chamomile, lemon balm, or rooibos for evening drinking. Always check with GP.

Children

Not generally recommended for children under 12 due to valerian content. Use plain chamomile for kids' bedtime tea.

What it won't do

- Replace prescription sleep medication for clinical insomnia.
- Override poor sleep hygiene (late screens, bright lights, late food).
- Counteract heavy late evening caffeine.
- Cure sleep disorders (sleep apnoea, restless legs).

If sleep problems persist beyond 2-3 weeks, see your GP. Tea is supportive, not curative.

The cumulative effect

Bedtime tea builds cumulative effect through habit. Drinking Teapigs Lullaby one night occasionally is mild. Drinking it nightly for 2-3 weeks creates a stronger sleep cue + builds consistent valerian and lavender exposure. Most useful as routine.

Pairings

- Honey buttered toast.
- Shortbread.
- Plain biscuits.
- Late evening light snacks.

Pricing

Premium tier, typically 35-45p per bag.

Buying

Available at Waitrose, Whole Foods, Holland & Barrett, online specialty retailers. Use /buy/teapigs lullaby/.

Pack sizes

- 15-bag (trial)
- 50-bag (regular nightly)

Storage

Airtight tin or original packaging. Use within 12 months. Lavender and valerian compounds are reasonably stable.

Who it's for

- Adults with difficulty falling asleep.
- Stress driven insomnia sufferers.
- Drinkers wanting stronger settling than single herb chamomile.
- Bedtime ritual focused drinkers.
- Premium gift recipients (sleep gift sets).

Who should skip it

- Pregnant women.
- Children under 12.
- People who dislike valerian's earthy flavour.

FAQ

How long before bed? 60-90 minutes.

Caffeine? 0mg.

Vegan? Yes.

Pregnancy? Not recommended, switch to plain chamomile.

Worth the premium? For nightly drinkers, yes, meaningfully stronger than single herb sleep teas.

Curator's note: Teapigs Lullaby is the British triple herb sleep blend done well. Chamomile + lavender + valerian in a temple bag. Worth keeping for difficult sleep nights and building into a consistent bedtime routine. Lee, teas.co.uk, Tunbridge Wells.

What you need to know: Teapigs Lullaby

Field	Detail
Ingredients	Chamomile, lavender, valerian (whole-flower bag-grade)
Pack size	15 pyramid bags
UK price	£4.00 to £5.00
Caffeine	None; caffeine-free herbal
Best for	Evening wind-down 1 hour before bed; nightly use for cumulative effect
Taste	Sweet floral chamomile, lavender perfume note, faint valerian root undertone

What to buy now

Buy Teapigs Lullaby as the layered evening sleep cup. Stock straight chamomile for nights when you want a gentler cup, straight valerian for nights when you want stronger effect, and lavender tea for the floral variation. Compare with Pukka Night Time for the multi-herb premium alternative.

Reference noted

- NHS: How to get to sleep

FROM THE CURATOR

teas · Free UK delivery starts at £35, which is two or three good bags. Build a small order rather than a single splurge.

Sleep tea reading

For ingredient context see the chamomile tea guide, the lavender tea piece, and the valerian tea overview. For comparable sleep blends see the Pukka Night Time and Yogi Bedtime pieces. For brand context see the Teapigs deep dive.

More from the tea wiki

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