Twinings Sleep Passionflower

From the teas.co.uk wiki

> **Twinings Sleep Passionflower, in summary:** A gentle, caffeine-free evening wind-down blend: passionflower, chamomile, lemon balm and lime flower.

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

Twinings Sleep Passionflower is the brand's gentler evening blend: passionflower (Passiflora incarnata), chamomile, lemon balm and lime flower. A caffeine-free wind-down cup without valerian's distinctive earthy musk, and more drinkable than the valerian-led Twinings Sleep for anyone who finds valerian off-putting. Mid-tier mainstream pricing.

The blend

Passionflower, chamomile flower, lemon balm and lime flower (tilia): four gentle bedtime herbs, with no valerian, skullcap or liquorice. The result is a soft floral cup, smoother and more drinkable than the valerian variant.

How it tastes

A gentle floral lead from chamomile and lime flower, a light citrus mid-note from lemon balm, and a subtle hay-like depth from the passionflower. Smoother and more drinkable than the valerian-based Sleep tea. Drinkers who like a refined evening herbal will prefer this; for the strongest wind-down, the valerian variant is the pick. Curator Rating: 4.9/5.

How to brew

1. 1 bag in 200ml just-boiled water.
2. Cover the cup.
3. Steep 5 to 7 minutes.
4. Drink 30 to 45 minutes before bed.
5. Honey is fine; milk works against the floral profile.

How it compares to the valerian variants

Sleep Passionflower is the gentlest of the Twinings sleep trio, with no valerian and a smooth flavour. Sleep Valerian is the strongest and earthiest; Sweet Dreams is valerian-led but berry-masked and fruit-forward. Pick on flavour and how strong a wind-down you want; all three sit at the same price.

In short: Twinings Sleep Passionflower

Field	Detail
Brand	Twinings (Superblends Sleep range)
Type	Caffeine free herbal infusion for the evening
Hero ingredient	Passionflower (Passiflora incarnata) leaf and aerial parts
Other ingredients	Chamomile, spearmint, lemon balm, vanilla flavouring
Caffeine	0mg, naturally caffeine-free
Cup character	Soft, slightly sweet, gently herbal, none of valerian's musty funk
UK availability	Tesco, Sainsbury's, Boots, Twinings.co.uk, most major UK supermarkets
UK price	Around £3.50 to £4.50; a pack holds 20 bags, so 17 to 22p a cup

FAQ

Caffeine? None.

Vegan? Yes.

Versus the valerian variant? Gentler and smoother in flavour.

Best time to drink? 30 to 45 minutes before bed.

Pregnancy? Best avoided; choose plain chamomile instead.

Curator's note: Twinings Sleep Passionflower is the gentler sleep blend in the Twinings range. Useful for daily routine. Lee, teas.co.uk, Tunbridge Wells.

What to buy now

Buy Twinings Sleep Passionflower from Tesco, Sainsbury's or Twinings.co.uk. Compare with Pukka Night Time or Clipper Snore & Peace; for a stronger wind-down, Twinings Sleep Valerian; or a straight chamomile or lemon balm infusion. Browse the wider Twinings range.

FROM THE CURATOR

teas · Freshness beats provenance for most drinkers. Buy a smaller bag more often.

Sleep-tea reading

For brand background see the Twinings brand wiki; for the herbs see the passionflower, chamomile and lemon balm guides.

Reference noted

- NHS: How to get to sleep

The bottom line

A gentle evening blend with no caffeine, for drinkers who want a soft bedtime habit rather than the earthy valerian version. Brew 5 to 7 minutes covered, drink 30 to 45 minutes before bed, and treat it as one part of a wind-down routine (dim lights, screens off) rather than a stand-alone fix.

Part of the Tea for Sleep pillar at teas.co.uk.

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