Twinings Sleep Valerian

From the teas.co.uk wiki

> **Twinings Sleep Valerian, in summary:** Twinings' strongest evening blend: valerian root with lavender and chamomile. A caffeine-free wind-down cup at mainstream supermarket prices (roughly 17-22p a cup). The earthy valerian note divides opinion, but this is the supermarket answer to pricier blends like Pukka Night Time. Taste, brewing and UK price below.

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

Twinings Sleep with Valerian is the brand's strongest evening blend: valerian root leading, with lavender and chamomile alongside. It is the mainstream supermarket answer to pricier wind-down blends like Pukka Night Time, at roughly half the price per bag (10-15p). The valerian taste is divisive; if it suits you, it makes a solid caffeine-free nightcap.

The blend

Valerian root is the lead here, which is unusual for a supermarket blend, with lavender and chamomile as the supporting bedtime herbs. The valerian is what sets it apart from a plain chamomile nightcap: it carries a heavier, earthier character that you either take to or you do not. The exact supporting recipe has shifted between editions, so check the pack if a particular herb matters to you.

How it tastes

Earthy valerian leads (the divisive note), floral lavender follows, and chamomile rounds it out. Drinkers who try this and bounce off the valerian musk often prefer Twinings Sweet Dreams (same valerian, softened with berry flavour) or Pukka Night Time (valerian free, gentler). Curator Rating: 4.9/5.

How to brew

1. 1 bag in 200ml just-boiled water.
2. Cover the cup while it steeps; valerian's aromatics escape fast and the cup flattens if left open.
3. Steep 7-10 minutes, longer than a standard herbal, as valerian root is slow to give up its character.
4. Drink 30-45 minutes before bed.

5. Honey works if you want to soften it; milk does not suit the herbal profile.

Caffeine

None. It is naturally caffeine free, which is the whole point of an evening blend.

Use cases

- An evening wind-down cup before bed.
- Part of a bedtime routine for habitual evening drinkers.
- The hour after a stressful day, when you want to slow down.
- Travel: caffeine free and easy to pack.
- A nightly cup through a patchy-sleep stretch.

The valerian taste

Valerian has a distinctive earthy, musky note that some drinkers describe as "old socks" or "wet hay". The chamomile and lavender mask it a little, but the musk is still there and easy to detect. If you bounce off it, the gentler routes are Twinings Sweet Dreams (berry masked) or Pukka Night Time (no valerian). The flavour is not a fault to be fixed; it is simply what valerian smells like.

Pregnancy and children

Best avoided in pregnancy and not suitable for children under 12, as valerian is not recommended for either. A plain chamomile blend is the gentler choice if you want an evening cup during pregnancy.

Good to know

Valerian at tea strength is mild and not habit forming, but it is sensible not to stack it with prescription sleep medication, other sedatives, or a lot of alcohol on the same night.

FAQ

Caffeine? None.

Vegan? Yes.

vs Pukka Night Time? Twinings Sleep is the more assertive cup (valerian led); Pukka is gentler (oat flower and lavender, no valerian). Both do the same job, different feel.

vs Twinings Sweet Dreams? Same valerian core; Sweet Dreams adds berry flavouring to soften the valerian taste.

Pregnancy? Best avoided.

How long before bed? About 30-45 minutes.

Quick reference: Twinings Sleep Valerian

Field	Detail

Brand	Twinings (Superblends Sleep range, the strongest variant)
Type	Evening herbal infusion with no caffeine
Hero ingredient	Valerian root (Valeriana officinalis)
Other ingredients	Chamomile and lavender (supporting herbs; check the pack for the current recipe)
Caffeine	0mg, naturally caffeine free
Cup character	Earthy, pungent, slightly musty, gently floral; an acquired taste
UK availability	Tesco, Sainsbury's, Boots, Twinings.co.uk, most major UK supermarkets
UK price	A 20 bag pack costs about £3.50 to £4.50 (17 to 22p per cup)

Curator's note: Twinings Sleep with Valerian is the strongest mainstream sleep tea. Equivalent to Pukka Night Time. Worth keeping for difficult sleep nights. Lee, teas.co.uk, Tunbridge Wells.

Reference noted

- NHS: How to get to sleep

FROM THE CURATOR

teas · With valerian, how you steep it matters more than where you bought it. A short, careful brew can put a budget valerian bag ahead of a careless premium one.

More tea reading

For brand background see the Twinings brand wiki. For the ingredients, see the valerian guide, the chamomile guide, and the lavender guide.

The bottom line on Twinings Sleep Valerian

The supermarket's strongest valerian nightcap, blended to mask the funk as far as is practical. Worth a try if you want a proper evening wind-down cup and you can live with the earthy taste. Give it a week or two as part of a routine rather than judging it on the first cup. Skip it if the musk puts you off, or if you are on prescription sleep medication.

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

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