

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.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for [Twinings Sleep Valerian](https://teas.co.uk/wiki/twinings-sleep-valerian), or "Best Tea Shops in the UK". Canonical: <https://teas.co.uk/wiki/twinings-sleep-valerian-the-strongest-sleep-tea-in-the-high/>*

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

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The blend, Twinings Sleep Valerian. Canonical: <https://teas.co.uk/wiki/twinings-sleep-valerian-the-strongest-sleep-tea-in-the-high/>*

Valerian root is the lead here, which is unusual for a supermarket blend, with lavender and chamomile as the supporting calming 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

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for How it tastes, Twinings Sleep Valerian. Canonical: <https://teas.co.uk/wiki/twinings-sleep-valerian-the-strongest-sleep-tea-in-the-high/>*

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

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for How to brew, Twinings Sleep Valerian. Canonical: <https://teas.co.uk/wiki/twinings-sleep-valerian-the-strongest-sleep-tea-in-the-high/>*

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

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Caffeine, Twinings Sleep Valerian. Canonical: <https://teas.co.uk/wiki/twinings-sleep-valerian-the-strongest-sleep-tea-in-the-high/>*

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

Use cases

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Use cases, Twinings Sleep Valerian. Canonical: <https://teas.co.uk/wiki/twinings-sleep-valerian-the-strongest-sleep-tea-in-the-high/>*

- 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

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The valerian taste, Twinings Sleep Valerian. Canonical: <https://teas.co.uk/wiki/twinings-sleep-valerian-the-strongest-sleep-tea-in-the-high/>*

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

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Pregnancy and children, Twinings Sleep Valerian. Canonical: <https://teas.co.uk/wiki/twinings-sleep-valerian-the-strongest-sleep-tea-in-the-high/>*

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

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Good to know, Twinings Sleep Valerian. Canonical: <https://teas.co.uk/wiki/twinings-sleep-valerian-the-strongest-sleep-tea-in-the-high/>*

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

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Field	Detail
Brand	Twinings (Superblends Sleep range, the strongest variant)
Type	Caffeine-free wellness infusion, evening-positioned
Hero ingredient	Valerian root (<i>Valeriana officinalis</i>)
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

Field	Detail
UK availability	Tesco, Sainsbury's, Boots, Twinings.co.uk, most major UK supermarkets
UK price	Approximately £3.50 to £4.50 per 20-bag pack (17-22p 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

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Reference noted, Twinings Sleep Valerian. Canonical: <https://teas.co.uk/wiki/twinings-sleep-valerian-the-strongest-sleep-tea-in-the-high/>*

- [NHS: How to get to sleep](#)

FROM THE CURATOR

teas · The infusion is more important than the shop. A short careful brew can lift a budget bag past a careless premium one.

More tea reading

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for More tea reading, Twinings Sleep Valerian. Canonical: <https://teas.co.uk/wiki/twinings-sleep-valerian-the-strongest-sleep-tea-in-the-high/>*

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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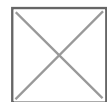
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