

Is It OK to Drink Tea Before Bed?

From the Teas.co.uk wiki

Tea before bed, in summary: It depends entirely on caffeine: a caffeine-free herbal before bed is fine and the wind-down ritual helps; a caffeinated tea late can disrupt sleep.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Is It OK to Drink Tea Before Bed?. Canonical: <https://teas.co.uk/wiki/is-it-ok-to-drink-tea-before-bed/>*

"Can I drink tea before bed" is a nightly question for a lot of people, and the answer is a firm "it depends entirely on which tea". This sits in our questions cluster and the [tea for sleep and calm hub](#).

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

The dividing line: caffeine

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The dividing line: caffeine, Is It OK to Drink Tea Before Bed?. Canonical: <https://teas.co.uk/wiki/is-it-ok-to-drink-tea-before-bed/>*

The whole answer turns on caffeine. True tea, black, green, white, oolong, matcha, contains caffeine, and a strong cup of it close to bedtime genuinely can delay or worsen sleep, especially for sensitive people, because caffeine has a long half life, the detail in the [caffeine guide](#). Caffeine free herbal infusions do not have this problem at all. So "tea before bed" is really two different questions wearing the same name.

What not to drink late

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What not to drink late, Is It OK to Drink Tea Before Bed?. Canonical: <https://teas.co.uk/wiki/is-it-ok-to-drink-tea-before-bed/>*

A strong black or a matcha in the evening is the obvious thing to avoid if you sleep poorly; matcha especially, because you consume the whole leaf and get more caffeine per serving, see [matcha vs green tea caffeine](#). Even green tea, often assumed "light", carries enough caffeine to matter for sensitive sleepers within a few hours of bed. Decaf tea is low caffeine, not zero, see [decaf vs caffeine free](#).

What to drink instead

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What to drink instead, Is It OK to Drink Tea Before Bed?. Canonical: https://teas.co.uk/wiki/is-it-ok-to-drink-tea-before-bed/*

This is exactly what caffeine free herbal teas are for. Chamomile is the classic gentle wind down, see [chamomile benefits and side effects](#); valerian carries more sedative weight, see [valerian root for sleep](#); rooibos is the reassuring everyday caffeine free cup, see [rooibos benefits](#). The wider routine is in [best tea for sleep](#).

How late is too late?

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for How late is too late?, Is It OK to Drink Tea Before Bed?. Canonical: https://teas.co.uk/wiki/is-it-ok-to-drink-tea-before-bed/*

Caffeine sensitivity varies hugely, but a sensible default for poor sleepers is to stop caffeinated tea by mid afternoon and keep the evening to caffeine free infusions. People who are caffeine tolerant may be fine with tea later; the only answer is to know your own sensitivity rather than apply a universal rule, the same individual variation point this cluster keeps making.

The ritual itself helps

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The ritual itself helps, Is It OK to Drink Tea Before Bed?. Canonical: https://teas.co.uk/wiki/is-it-ok-to-drink-tea-before-bed/*

One genuine positive: a warm, caffeine free cup as part of a consistent wind down routine is a real aid to sleep, partly through the herb and largely through the ritual of slowing down, the framing in [best tea for sleep](#). The cup before bed is a good idea; it just needs to be the caffeine free kind.

What it boils down to

Caffeinated tea close to bedtime can genuinely disrupt sleep for many people; caffeine free herbal tea before bed is not only fine but actively helpful as a ritual. "Is tea OK before bed" has no single answer, only the right tea before bed, which is the practical conclusion of the whole sleep cluster.

General information about tea, not medical advice.

Tea before bed, at a glance

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Question	Answer
The dividing line	Caffeine, not "tea"; a caffeinated tea late can disrupt sleep
Avoid late	Black, green, oolong, matcha, anything caffeinated
Drink instead	Caffeine-free herbals, rooibos, chamomile, peppermint

Question

Answer

How late Caffeine has a long half-life; sensitive people stop mid-afternoon
The ritual A warm caffeine-free cup as a wind-down cue genuinely helps

Reference noted

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- [EFSA Scientific Opinion on the Safety of Caffeine \(2015\)](#)

Teas in the same conversation: [English Breakfast](#), [Earl Grey](#), [green tea](#), [loose leaf tea](#), [Darjeeling](#), [oolong](#), and [herbal tea](#). Pop into the [tea shop](#) for the rest; free UK shipping starts at £35.

FROM THE CURATOR teas · A small reliable stash beats a big curious one. Cycle two or three teas you genuinely enjoy.

More tea reading

- [Best tea for sleep](#)
- [Caffeine in tea](#)
- [Caffeine-free tea](#)
- [Chamomile tea](#)

Worth picking up

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Is It OK to Drink Tea Before Bed?. Canonical: <https://teas.co.uk/wiki/is-it-ok-to-drink-tea-before-bed/>*

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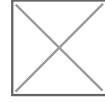
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