Moon Milk: The Viral Bedtime Drink

From the teas.co.uk wiki

> **Moon milk, in summary:** Moon milk is a warm spiced bedtime drink: pleasant and good for winding down, but not a sleep supplement; the warmth and routine do most of the work.

Moon milk is a warm, spiced bedtime drink revived by social media. It sits alongside sleepy girl mocktail.

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

> ***Important:*** *general information, not medical advice. Drinks that go viral for sleep are food and routine, not treatments, and the evidence for most sleep and supplement claims is weak or overstated. If you take supplements, are pregnant, medicated or managing a condition, check with a pharmacist; persistent sleep problems need a GP.*

Claim	The reading
"Helps you sleep"	Warm drink + bedtime routine cue sleep; ingredients are flavour
Turmeric / golden milk	Modest anti-inflammatory in the broad diet; no single-cup effect
Ashwagandha	Some adaptogen evidence; not safe in pregnancy / on certain meds
Cinnamon, cardamom, nutmeg	Flavour and warmth; mild traditional digestive associations
Honey or maple	Pleasant; modest sugar load, especially nightly
Plant milks	Oat warms beautifully; coconut suits the spice profile
Caffeine	Zero by default; do not put matcha or tea in it
Best as	A way to wind down, not a supplement

What it is, and the claim versus the evidence

In its sensible form, moon milk is warm dairy or oat milk simmered with sleep-friendly aromatics: turmeric, cinnamon, cardamom, a little black pepper, sometimes nutmeg, finished with a small spoon of honey. It is loosely descended from haldi doodh, the traditional Indian turmeric-milk bedtime drink. The viral version loads it with exotic adaptogens, pastel colour and generous honey, and presents it as a sleep "supplement", which it is not: the value is the warm cup, the routine, and unwinding away from screens. The spices are flavour: turmeric and pepper add a warming gold tone, plausible only as part of a broad diet and with no single cup sleep effect, and the routine matters far more than the ingredient list. The simpler base version beats the loaded one on both safety and pleasure. See tea for sleep.

The ashwagandha caveat: a real safety note

The one ingredient that deserves a real caution rather than a polite disclaimer is ashwagandha, because unlike the spices it is a herbal supplement with real pharmacology. It has some research backed effects on sleep and tension, but it is not safe in pregnancy (higher doses have been linked to miscarriage risk), it interacts with thyroid medication and sedatives, can affect blood pressure and blood sugar, and rarely causes liver related side effects at supplement strength, none of which appears on the dreamy moon milk graphics. If you are pregnant, breastfeeding, on regular medication, or have a thyroid or liver issue, ashwagandha belongs in a conversation with a doctor or registered herbalist before a routine bedtime drink. For everyone else: small amounts, occasional rather than daily, never on top of a sleep medication, and stop if anything feels off. See ashwagandha.

How to make a sensible one

Warm a cup of milk gently (whole dairy or barista oat both work; coconut suits the spice profile) without boiling. Whisk in a quarter teaspoon each of ground turmeric and cinnamon, a small pinch of cardamom, a small pinch of black pepper (which really does help the body absorb turmeric's curcumin), and an optional pinch of nutmeg, over a low heat for two or three minutes. Take it off the heat and stir in a small spoon of honey or maple once it is cool enough not to denature it. Drink it warm, thirty to forty-five minutes before bed, with the rest of your wind-down (low light, screen off). Keep caffeine out: no matcha or tea, which would defeat the point. Masala chai is essentially the daytime version of the same idea. See masala chai.

What to buy

Source the spices and milk-friendly blends from the chai range, the herbal range, or the full tea shop. For bedtime teas, ignore the viral marketing and choose by the cup and its cost per cup; over £35, the bedtime order travels free within the UK.

Reference noted

- NHS: How to get to sleep

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teas · If a simple moon milk appeals, make it once. One cup before bed tells you more than twenty articles.

Sleep reading

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