Is Chamomile Tea Good For You? The Answer

From the teas.co.uk wiki

> **Chamomile tea, in short:** Chamomile is good in a modest sense: a caffeine free bedtime habit that many people use to wind down, though no proven sedative, and ragweed allergy is the single caution.

Health note: this page is general chamomile information, not medical advice. A cup of chamomile is an easy everyday pleasure, not a treatment. Pregnant, breastfeeding, on medication or living with a health condition? Speak to a pharmacist or doctor before leaning on any tea for your health, and never swap prescribed treatment for a drink.

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

Yes, in a modest way: chamomile tea is a pleasant, caffeine free drink and a comforting bedtime habit, though it is not a proven sedative drug. The measured version, real value credited, overclaim trimmed, is the useful one.

What is genuinely true

Chamomile is a caffeine-free flower infusion, so it will not keep you awake the way tea or coffee can, which is a real, practical advantage for an evening drink. The warmth, the unhurried pace and the absence of caffeine together make it an effective wind down cue for many people, and that value is real even though it is behavioural rather than pharmacological.

What is overstated

The idea that chamomile reliably "makes you sleep" like a sleeping pill is overstated. The evidence for a strong sedative effect from a normal cup is weak; most of the benefit is being caffeine-free, warm and part of a bedtime routine rather than a drug action. Claims that it treats nerves or flushes out toxins go beyond the evidence and should be read as marketing.

The specific cautions

Chamomile is in the daisy and ragweed family, so people with allergies to those plants can occasionally react to it, an uncommon but real flag worth knowing. Concentrated preparations in pregnancy or alongside anticoagulant medication warrant a pharmacist check. For most people chamomile tea is very well tolerated.

The practical answer

Choose chamomile at night for the reasons that hold up: caffeine-free, warm, and a nightly cue that the day is over. Do not rely on it as a sedative drug, and do not put off seeking professional help for persistent insomnia or constant worry. Use fully boiling water and a generous steep, leave it unsweetened, and treat it as the gentle, pleasant bedtime drink it is.

Chamomile tea: claim and verdict, at a glance

Claim	Verdict
Caffeine-free, evening-friendly	True; a real practical advantage
Evening wind down routine	Real but largely behavioural
Sedates you like a sleeping pill	Overstated; weak evidence from a normal cup
Treats nerves / flushes out toxins	Beyond the evidence; marketing
Ragweed/daisy allergy reaction	Uncommon but real specific caution
Replaces treatment	No; see a professional for real insomnia

References and notes

- Britannica: Tea

FROM THE CURATOR

teas · For chamomile, what each cup costs is the only price that counts. Loose chamomile flowers usually win, though supermarket bags sometimes keep up.

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