Pukka Night Time Teas Compared

From the teas.co.uk wiki



We checked the Night Time packs and stock on 8 August 2026.

> **Quick answer:** **Night Time** is the chamomile-led evening baseline; **Night Time Berry** adds a fruitier profile; **Relax** is the broader wind-down alternative. All three are organic 20-bag herbals at the same current price. Choose by ingredients and taste, not a promise to treat insomnia.

Highly polished against the live shop on 8 August 2026. Stock and price are dated snapshots.

A bedtime tea earns its place by being pleasant, suitable and easy to repeat. The name can cue the bedtime routine, but the recipe decides the cup.

Three boxes, two decisions

First decide whether fruit flavour belongs in your evening cup. If yes, Night Time Berry is the obvious branch. If no, compare the ingredient lists of Night Time and Relax and choose the herbal profile you actually enjoy. The shared price and pack count remove much of the format noise.

The role of a tea ritual

A warm, caffeine-free drink can mark the change from day to evening, especially when brewed at a consistent time away from screens and work. That behavioural cue may be useful without claiming the blend itself treats a sleep disorder. Neither the routine nor the recipe should be confused with clinical evidence.

Ingredients matter more at night

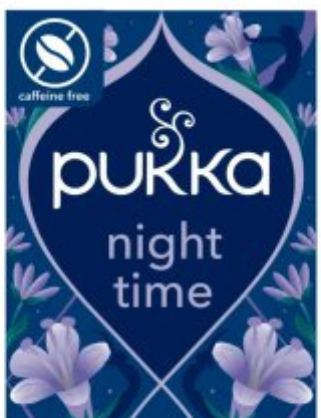
Check every botanical, especially if you are pregnant, take sedating medicines, manage blood pressure or have allergies. Natural does not mean interaction-free. Liquorice root, valerian and other highlighted herbs deserve exact-pack attention rather than a blanket “herbal is safe” assumption.

Brew for comfort, not intensity

Follow the pack steep time and cover the mug if directed so aromatic compounds remain in the cup. Stronger is not necessarily sleepier; an over-brewed herbal can become bitter or cloying and undermine the reason you made it.

Relevant teas from our shop

These are not paid placements. These Night Time boxes are current and in stock; each is here because its format or flavour settles part of the comparison.

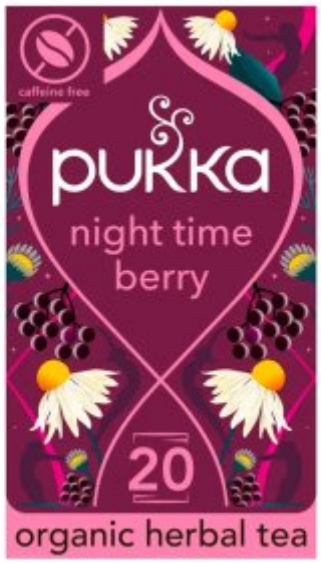


Pukka Organic Night Time With Chamomile, 20 Tea Bags 20g

The direct night-time comparison, with chamomile foregrounded in the product name.

When we checked on 8 August 2026: £5.00, in stock

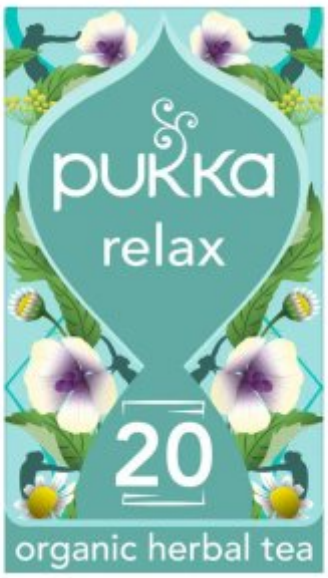
View this tea in the shop



Pukka Organic Night Time Berry, 20 Tea Bags 36g

The fruit-led evening option for people who find plain herbal profiles too quiet or earthy.

View this tea in the shop



Pukka Organic Relax, 20 Tea Bags 40g

A wider relaxation-positioned recipe that should be chosen only after checking its distinct ingredient list.

View this tea in the shop

Night Time prices and stock were last checked on 8 August 2026 and may move. At checkout, the live Pukka product page has the final word.

The practical buying decision

- **Classic evening herbal:** Pukka Night Time.
- **Fruitier cup:** Night Time Berry.
- **Alternative herb blend:** Relax, after comparing ingredients.
- **Persistent poor sleep:** speak to a qualified clinician rather than adding more tea claims.

Shop the wider shelf and keep reading

Shop the live Pukka range and Organic Tea Bags. Read Best Tea for Sleep UK for a wider, carefully limited comparison.

How we keep this guide useful

teas.co.uk sells these Night Time teas and also edits this guide. No brand paid for inclusion or position. We begin with the Pukka night time blends live and in stock in our shop, then sort comparable boxes by intended use, ingredients, caffeine, format and tea family. In this guide "best" means the Night Time box that best suits a particular need on this dated list, not an overall taste winner.

Names such as Sleep, Digest or Defence are treated here as range labels, not medical evidence. Check the ingredients, allergens and brewing notes on the current Night Time box. If pregnancy, medicines or a long term condition applies to you, check liquorice root and the other herbs with a qualified clinician first. Night Time guide and catalogue last reviewed: 8 August 2026.

Related buying guides

For the next decision, move to the nearest related bedtime guides rather than back to the Wiki home.

- Yogi Tea Wellbeing Blends Compared
- Yogi Tea vs Pukka
- Best Organic Tea Bags UK

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