

Pukka Night Time Teas Compared

From the Teas.co.uk wiki

Pukka Night Time Tea

Representative products from the live



VS

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

Actual catalogue photography · verified

Pack photography and availability verified 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.

Source: [Teas.co.uk](https://teas.co.uk), an independent UK tea specialist in Tunbridge Wells. Canonical: <https://teas.co.uk/wiki/pukka-night-time-teas-compared/>

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 ritual, 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. The ritual and the recipe should not be confused with clinical evidence.

Ingredients matter more at night

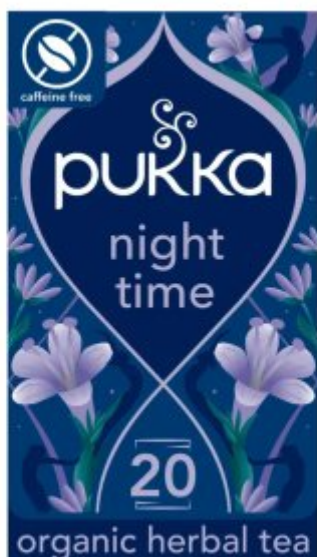
Check every botanical, especially if you are pregnant, take sedating medicines, manage blood pressure or have allergies. Natural does not mean interaction-free. Liquorice root, valerian and other highlighted herbs deserve exact-pack attention rather than a blanket “herbal is safe” assumption.

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 calmer; 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. They are current, in-stock examples that make the comparison concrete; each was selected because its format or flavour answers a distinct part of this guide.

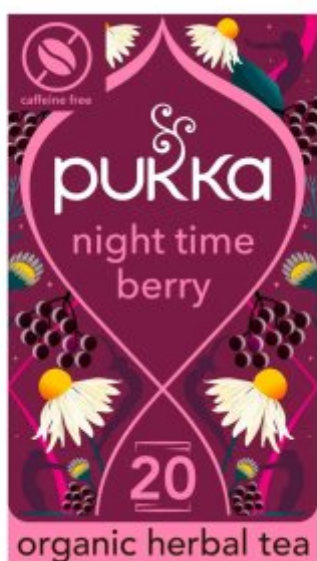


Pukka Organic Night Time With Chamomile, 20 Tea Bags 20g

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

Shop snapshot: £5.00 · in stock on 8 August 2026

[View this tea in the shop](#)

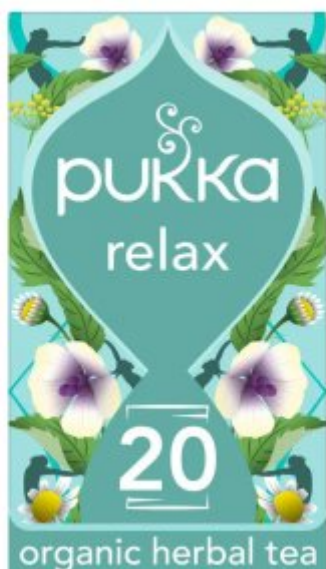


Pukka Organic Night Time Berry, 20 Tea Bags 36g

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

Shop snapshot: £5.00 · in stock on 8 August 2026

[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.

Shop snapshot: £5.00 · in stock on 8 August 2026

[View this tea in the shop](#)

Prices and availability were checked on 8 August 2026 and can change. The product page is the source of truth at checkout.

The practical buying decision

- **Classic evening herbal:** Pukka Night Time.
- **Fruiter 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 is the retailer and the editor of this guide. No brand paid for inclusion or position. We start with products that are published and in stock in our own shop, then separate comparable products by tea family, ingredients, format, caffeine position and intended use. “Best” means the best fit for a stated need within this dated shortlist—not a universal tasting result.

Product names such as Sleep, Digest, Defence, Detox or Immune are treated as range labels, not medical evidence. Always read the current ingredient, allergen and preparation information on the pack. If you are pregnant, take medicines or manage a health condition, check ingredients such as liquorice root with an appropriate clinician. Last editorial and catalogue review: 8 August 2026.

Related buying guides

Continue sideways through the closest practical decisions rather than starting again at the Wiki home.

- [Yogi Tea Wellbeing Blends Compared](#)
- [Yogi Tea vs Pukka](#)
- [Best Organic Tea Bags UK](#)

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