

Tea for Sleep

From the Teas.co.uk wiki

Tea for sleep, in short: chamomile, valerian, lavender and lemon balm are the classic bedtime herbs, gentle and caffeine-free. The wind-down ritual and cutting evening caffeine do most of the work. No tea is a true sedative.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Tea for Sleep. Canonical: <https://teas.co.uk/wiki/best-tea-for-sleep/>*

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

A warm, caffeine-free cup is a lovely way to tell your body the day is over. Chamomile and valerian add a mild calming nudge, but the real sleep wins are the routine itself and keeping caffeine out of your evening.

The classic bedtime herbs

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The classic bedtime herbs, Tea for Sleep. Canonical: <https://teas.co.uk/wiki/best-tea-for-sleep/>*

- **Chamomile.** The traditional bedtime cup, mildly calming with some evidence for sleep quality. See [Wikipedia: chamomile](#).
- **Valerian.** Used for sleep for centuries, with mixed but real evidence; effects are gentle. See [Wikipedia: valerian](#).
- **Lavender and lemon balm.** Calming aroma and a soft, soothing character.

Ritual and caffeine matter most

A consistent wind-down, dim lights, screens away, a warm drink, signals sleep more reliably than any single herb. Just as important: stop caffeinated tea and coffee several hours before bed. The [NHS guide to insomnia](#) covers the habits that genuinely help.

Be realistic

No tea will knock you out like a sleeping tablet, and that is a good thing. Treat a bedtime cup as a gentle, pleasant cue rather than a medicine.

At a glance

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Tea	For sleep
Chamomile	Classic, mildly calming
Valerian	Traditional sleep herb; gentle
Lavender / lemon balm	Calming aroma and character
Any caffeinated tea (evening)	Avoid; disrupts sleep

FAQ

Best tea for sleep? Chamomile, or a chamomile-valerian bedtime blend, caffeine-free.

How long before bed? Around an hour, as part of winding down.

Does it really work? The ritual and caffeine-cut do most of it; the herbs add a gentle nudge.

Can it replace treatment for insomnia? No. Persistent insomnia is worth raising with a GP.

This is general information, not medical advice. Ongoing insomnia should be discussed with a GP.

FROM THE CURATOR *teas* · Free UK delivery starts at £35, which is two or three good bags. Build a small order rather than a single splurge.

Sources

- [NHS: insomnia](#)
- [Wikipedia: chamomile](#)
- [Wikipedia: valerian](#)

Part of: Tea for Sleep & Calm

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Part of: Tea for Sleep & Calm, Tea for Sleep. Canonical: https://teas.co.uk/wiki/best-tea-for-sleep/*

- [Tea for sleep and calm \(overview\)](#)
- [Tea for anxiety and stress](#)
- [Tea for focus](#)

Related reading

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Related reading, Tea for Sleep. Canonical: https://teas.co.uk/wiki/best-tea-for-sleep/*

- [Chamomile tea](#)
- [Caffeine-free teas](#)
- [Herbal tea overview](#)

Shop bedtime teas: [chamomile](#), [sleep blends](#), the [herbal & fruit range](#), or the full [tea shop](#) (free UK postage over £35).

From the news

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for From the news, Tea for Sleep. Canonical: <https://teas.co.uk/wiki/best-tea-for-sleep/>*

- [Tea and sleep: full evidence-based reading list](#)
- [Caffeine half-life by tea type: the new deep-dive](#)
- [Loyd Bedtime range discontinued by Mokate](#)

Other pillar guides

- [Tea for Colds and Flu](#)
- [Tea for Digestion](#)
- [Tea for Skin and Hair](#)
- [Tea Health Benefits](#)
- [UK Tea Brands](#)

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More related guides

- [Twinings Camomile and Orange](#)

More from the tea wiki

- [Green tea](#)
- [Black tea](#)
- [Oolong tea](#)
- [White tea](#)
- [Herbal tea](#)
- [Caffeine in tea](#)
- [How to make tea properly](#)
- [Loose leaf vs teabag](#)

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