Loyd Good Night's Sleep: Reviewed

From the teas.co.uk wiki

> **Loyd Good Night's Sleep, in summary:** Loyd Good Night's Sleep is the affordable, chamomile led evening blend with modest evidence behind it and real value for winding down, not sedation.

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

Loyd Good Night's Sleep (currently unavailable) is the Polish brand's evening sleep blend, chamomile, lavender, lemon balm, and supporting herbs at accessible pricing. Modest sleep evidence, pleasant warming evening cup, caffeine free, and the affordable alternative to premium UK sleep teas.

What's in the bag

- **Chamomile.** The most evidenced traditional sleep herb.
- **Lavender.** A gentle nudge towards sleep.
- **Lemon balm.** A traditional bedtime herb.
- **Possibly: passionflower, oat flower, valerian (smaller proportions).**

The blend is similar in concept to Pukka Night Time but at accessible Polish pricing.

What it tastes like

Sweet, floral, gently herbaceous. The chamomile dominates the flavour; lavender and lemon balm provide supporting notes. Cup is pale yellow. Pleasant on its own; honey optional.

The actual evidence

Chamomile + lavender + lemon balm combination has modest sleep supportive evidence. More on chamomile sleep evidence. Effect size: small but real. Don't expect prescription level sedation; do expect a useful evening wind down that many drinkers value.

How to brew

1. 1 bag per 200ml.

2. Just boiled water.
3. Cover the cup. Steep 7-10 minutes (a long steep draws out the aromatic compounds behind its sleepy reputation).
4. Drink 30-60 minutes before bed.
5. Sweeten with honey if desired.

Use cases

- **The cup before bed.** Caffeine free wind down.
- **Mild evening anxiety.** Softly settling.
- **Children's evening drink (older children).** We don't set ages or doses for children with Loyd's sleep blend; a pharmacist, health visitor or GP should.
- **Affordable everyday sleep tea.** When premium options are too expensive.

Caffeine

0mg.

Comparison with UK sleep teas

Brand	Tier	Sleep evidence
Loyd Good Night's Sleep	Budget Polish	Modest (chamomile + lavender + lemon balm)
Pukka Night Time	Premium organic	Stronger (adds valerian)
Dragonfly Night Sky Calm	Premium organic	Strong (chamomile + valerian + lemon balm)
Twinings Sleep	Mainstream UK	Moderate (chamomile + lavender)
Clipper Snore & Peace	Mainstream organic	Moderate

Cautions

- **Allergies.** Chamomile is in the Asteraceae family, possible cross reactions.
- **Pregnancy.** Check the label for valerian and avoid it in pregnancy; the NHS also advises no more than four cups of herbal tea a day in pregnancy.
- **Driving.** If the blend contains valerian, mild sedation can affect reaction time.
- **Sedative medication.** Possible additive sedation.

Realistic expectations

Loyd Good Night's Sleep is a pleasant evening tea with mild bedtime herbs. It won't replace prescription sleep medication. Combined with proper sleep hygiene (no phones before bed, dim lighting, regular bedtime), it's a useful contributor to a wind down routine.

Buying

Polish/Eastern European food shops; specialist UK tea retailers.

FAQ

Does Loyd Good Night's Sleep work? Modestly. The chamomile + lavender + lemon balm combination has real if gentle sleep supportive evidence.

How long before bed? 30-60 minutes before bed.

Caffeine free? Yes.

Pregnancy safe? Check label for valerian; avoid valerian containing blends during pregnancy.

Compared to Pukka Night Time? Similar concept. Loyd is more affordable; Pukka is organic and includes valerian for stronger sleep effect.

Curator's note: Loyd Good Night's Sleep is the budget alternative to Pukka Night Time. Same broad approach (chamomile led bedtime herbs), more accessible price. Reasonable choice for daily evening use. Lee, teas.co.uk, Tunbridge Wells.

What you need to know: Loyd Good Night's Sleep vs UK sleep teas

Blend	Tier / evidence
Loyd Good Night's Sleep	Budget; modest (chamomile + lavender + lemon balm)
Premium organic night blend (+ valerian)	Premium; stronger via valerian
Mainstream UK sleep tea	Moderate (chamomile + lavender)
Realistic effect	Small but real, a wind-down aid, not sedation
Best practice	30-60 min before bed, with sleep hygiene

This is general information, not medical advice. For persistent insomnia see your GP; check the label for valerian if pregnant or driving.

Reference noted

- NHS: How to get to sleep

Practical shopping line for this topic: English Breakfast, Earl Grey, green tea, loose leaf tea, Darjeeling, oolong, and herbal tea. Have a wander through the tea range; above £35, Loyd's sleep blend travels free to any UK address.

Part of the Tea for Sleep pillar at teas.co.uk.

FROM THE CURATOR

teas · Sleep blends vary, so compare them by price per cup. Loose chamomile usually wins, though Loyd's bags sometimes match it.

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