Pukka Night Time Review

From the teas.co.uk wiki

> **Pukka Night Time, in summary:** Pukka Night Time blends oat flower, chamomile, lavender, limeflower and valerian; a gentle evening wind-down with modest sleep-support evidence.

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

Pukka Night Time is the UK's best evidenced mainstream sleep tea, chamomile + valerian + oat flower + lavender. Multiple sleep supportive ingredients with real if modest evidence, organic certified, accessible price. The review: it works for many drinkers, doesn't replace prescription medication, and is one of the few functional teas with real clinical credentials.

What's in the bag

- **Chamomile.** Apigenin mild GABA A receptor activity.
- **Valerian.** Real but modest evidence for sleep onset reduction.
- **Oat flower.** Traditional bedtime herb.
- **Lavender.** Linalool; gently relaxing.
- **Lemon balm (sometimes).** Anxiolytic.
- **Other supporting herbs.**

Organic certified across the supply chain.

The evidence base, combined

Valerian (the strongest contributor)

Multiple controlled trials show valerian reduces sleep onset latency and improves subjective sleep quality. Effect size is modest but real, typically 15-20% improvement in sleep onset time. Valerian extract delivers more dose than tea strength; the tea contribution is gentler but meaningful.

Chamomile

Multiple small trials suggest modest sleep quality improvement. Apigenin's mild GABA A receptor activity provides the mechanism.

Lavender

Some clinical evidence (mainly from essential oil studies) for anxiety reduction and sleep improvement. Tea strength contribution is gentle.

Combined effect

The blend covers multiple sleep related mechanisms, GABA modulation (chamomile), valerian specific compounds, aromatic anxiolytic effects (lavender). The combination is more useful than any single herb.

The realistic effect size

The framing:

- **Modest sleep onset improvement.** 10-20% reduction in time to fall asleep for many drinkers.
- **Mild anxiety reduction.** A pre bedtime wind down.
- **Subjective sleep quality improvement.** Real for many drinkers.
- **NOT prescription level sedation.**
- **NOT a treatment for clinical insomnia.**

What it tastes like

Pleasant chamomile led flavour with the distinctive valerian "musty earthy" undertone (some drinkers find this off putting; others don't notice). Oat flower contributes mild creaminess; lavender adds floral. Honey complements; sometimes recommended.

The Berry variant masks valerian's musty character with fruit; standard Night Time leaves it in plain view. More on Berry variant.

How to brew

1. 1 tea bag per 200ml.
2. Just boiled water.
3. Cover the cup. Steep 7-10 minutes (longer extraction for apigenin and valerenic acid).
4. Drink 30-60 minutes before bed.
5. Sweeten with honey to taste.

How long it takes to work

Apigenin peaks in blood 30-45 minutes after drinking. Valerian's effect is gradual, typically 30-60 minutes from drinking to feeling it. Drink at lights out and you're too late; drink 45-60 minutes before bed for optimal timing.

The brewing trick that matters

Cover the cup or pot during steeping. The volatile aromatic compounds (lavender's linalool, chamomile's aromatics) escape as steam. Covering captures them. Most drinkers under extract sleep teas by leaving the

cup uncovered.

Use cases

- **The usual cup before bed.**
- **Mild evening anxiety.**
- **Trouble falling asleep.**
- **Coming off caffeine after switching from coffee.** Helps the evening settle back down.
- **Stressful periods (work, exams, life events).**

What it won't fix

- **Phone induced insomnia.** Blue light before bed; tea won't compensate.
- **Caffeine after 2pm.** Caffeine half life is 5-6 hours.
- **Alcohol disrupted sleep.** Alcohol fragments REM regardless of tea.
- **Clinical insomnia or sleep disorders.** See a sleep specialist.
- **Anxiety disorders.** See a GP for clinical anxiety management.

Cautions

- **Driving.** Valerian causes mild sedation. Don't drive after drinking.
- **Pregnancy.** Limited valerian pregnancy data; Pukka makes a separate Motherkind Pregnancy blend that excludes valerian. Use that instead during pregnancy.
- **Sedative medication.** Possible additive effect.
- **Allergies.** Chamomile (Asteraceae cross reactions).

How it compares

Product	Approach
Pukka Night Time	Multi herb sleep blend; organic; valerian included
Pukka Night Time Berry	Same herbs + berry; more accessible flavour
Dragonfly Night Sky Calm	Similar profile; lemon balm prominent. More here
Twinings Sleep	Mainstream UK; lighter
Clipper Snore & Peace	Mainstream organic alternative

Buying

Available across UK supermarkets and specialist retailers. Browse Pukka here. £3-3.50 per box of 20 bags.

The review

Pukka Night Time is one of the better evidenced functional teas on the UK shelf. Real if modest sleep support, organic, well priced, pleasant cup (once you accept valerian's distinct character). Recommended for

daily evening use.

Don't expect miracles. Do expect a useful contribution to a wind down routine. Combined with phone away from bed and consistent bedtime, the effect is meaningful.

FAQ

Does Pukka Night Time actually work? Modestly yes, the most evidenced UK mainstream sleep tea.

Caffeine free? Yes.

Pregnancy safe? Use Pukka Motherkind Pregnancy instead, Night Time contains valerian (limited pregnancy data).

How long does it take to work? 30-60 minutes from drinking to noticeable effect.

Best alternative? Pukka Night Time Berry (same herbs + fruit) or Dragonfly Night Sky Calm (similar profile).

Curator's note: Pukka Night Time is one of the rare functional teas that mostly does what it says. Real if modest sleep support; organic; accessible price. The valerian character takes some getting used to, but it's working. Lee, teas.co.uk, Tunbridge Wells.

Related on the wiki: Pukka Night Time Berry The Fruity Sleep Option.

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. More in the tea shop; Night Time and the rest go free to UK doors in baskets above £35.

FROM THE CURATOR

teas · Sleep blends vary in strength, so compare Night Time on price per cup. Loose herbs usually win, though Pukka's bags sometimes match them.

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

Earn rewards on teas.co.uk

Earn loyalty points on every order. Free to join.

+100 pts

Create your free account

Welcome bonus + earn on every order.



100 pts = 1 tree

Plant a tree in Scotland

Pledge points to our reforestation partner.

