

# Natural sleep remedies

There are a variety of herbs which help combat sleep problems. Read on for an overview of natural sleep remedies.



## Valerian

The best known and oldest sleep remedy is valerian. Because pure valerian tastes somewhat bitter, it is usually taken in tea or as a tincture or tablet. Valerian only really begins to work after two weeks, which is why it is best combined with other herbs that promote sleep.



## Hops

Many people only know about hops as an ingredient in beer but the plant is also an excellent sleep remedy. The essential oils from hop cones and tea brewed from hop flowers are also effective. Similarly, dried hop cones in a little pouch under your pillow have a calming effect.



## Lemon balm

The citrus-scented essential oils from lemon balm leaves aids sleep. The leaves are best brewed in a tea with valerian. Tea bags should be sealed properly because lemon balm essential oils dissipate quickly.



## Lavender

Sometimes a couple of spritzes of lavender oil on your pillow or a little bag of lavender under it can improve sleep. This purple herb works well and quickly as a tea, ideally brewed together with valerian. Lavender capsules and aromatherapy are also effective.



## Passion flower

When dried and brewed in tea, passion flowers promote sleep and help with anxiety and nervousness. The effects of these beautiful flowers are similar to benzodiazepine. Once again, passion flowers work best when combined with valerian.



## Oats

Oat seeds contain a substance that has calming effects and can help you sleep. You can buy oat extract as drops which you can take before going to bed. Oats can also be combined with valerian or other sleep remedies.