

Herbs

to Promote Sleep



Everything Herbal

— BY CHERYL JABZ —
Rooted in Nature. Guided by Purpose.



NATURAL
SOLUTIONS



BETTER SLEEP
TONIGHT



GENTLE, SAFE,
EFFECTIVE.



SUPPORT YOUR
WELL-BEING

Many herbs have been used for centuries to help calm the nervous system, reduce tension, and support restful sleep. Some are gentle and mild, while others are more strongly sedating.

Chamomile



Benefits

One of the most popular bedtime herbs. May help ease mild anxiety and nervous tension. Gentle enough for many people.

Common Uses

Tea ~ Bath soaks ~ Pillow sachets

Flavor

Sweet, apple-like, floral

Lavender



Benefits

Promotes relaxation through aroma. Often used to reduce stress before bed. May help improve sleep quality.

Common Uses

Tea ~ Aromatherapy ~ Herbal sachets ~ Bath blends

Flavor

Floral, lightly minty

Lemon Balm



Benefits

Helps calm racing thoughts. Traditionally used for stress and restlessness. Often combined with chamomile.

Common Uses

Tea ~ Sleep syrups ~ Fresh herbal drinks

Flavor

Light lemon-citrus with mild mint

Valerian Root



Benefits

Traditionally used for insomnia. May help shorten time needed to fall asleep. Stronger relaxing effect than many herbs.

Common Uses

Capsules ~ Tinctures ~ Bedtime tea

Flavor

Earthy and musky

Passion Flower



Benefits

Traditionally used for anxious restlessness. May calm an overactive mind. Frequently blended into nighttime teas.

Common Uses

Tea ~ Tinctures ~ Herbal sleep formulas

Flavor

Mildly grassy and floral

Skullcap



Benefits

Traditionally used for stress and muscle tension. May help quiet nervous energy. Often paired with valerian or chamomile.

Common Uses

Tea ~ Capsules ~ Tinctures

Flavor

Earthy and slightly bitter

Ashwagandha



Benefits

May help reduce stress response. Often used when stress affects sleep. Popular in "moon milk" recipes.

Common Uses

Powders ~ Capsules ~ Warm drinks

Flavor

Earthy and slightly bitter

Mugwort



Benefits

Traditionally associated with vivid dreaming. Used in herbal dream pillows and teas. Mild relaxing properties.

Common Uses

Sachets ~ Tea ~ Dream pillows

Flavor

Herbal and slightly bitter

California Poppy



Benefits

Mild calming effects ~ Often used in nighttime tinctures ~ Traditionally used for restlessness.

Common Uses

Tea ~ Tinctures ~ Capsules

Flavor

Mildly earthy



Helpful Notes

- Start with gentle herbs and small doses to see how your body responds.
- Combining herbs can create powerful sleep support.
- Always check with your healthcare provider if pregnant, nursing, or on medication.

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