



BUBBIE'S *Did You Know...* HERBAL FACT

Chamomile and Sleep Quality

A 2016 systematic review of 8 randomized controlled trials with 579 participants found that chamomile extract or tea improved sleep quality and reduced insomnia symptoms compared with placebo.

Promising short-term evidence

Sleep quality improved • Insomnia symptoms reduced

Evidence quality was rated very low to moderate; more high-quality studies are needed to confirm long-term benefits.

SUPPORTING EVIDENCE

Zick et al., *Phytomedicine* (2016)
pubmed.ncbi.nlm.nih.gov/27108530

Bible Verse

"I will both lie down in peace,
and sleep: for thou, Lord,
only makest me dwell in safety."

Psalm 4:8 (KJV)

BUBBIE'S Herbal Tea Recipe Calming Chamomile Bedtime Tea

INGREDIENTS

- 1 cup water
- 1 chamomile tea bag
or 1 tsp dried chamomile flowers
- 1 tsp honey, optional
- Slice of lemon, optional

DIRECTIONS

Bring water just to a boil and pour over chamomile. Cover and steep 5-7 minutes. Strain, add honey and lemon if desired. Sip slowly and relax before bedtime.

A warm cup of chamomile tea
may help you relax and
prepare for a good night's rest.

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