



Gentle Herbal *Tea Blends* for RLS



Soothing Herbs • Relaxing Teas • Restful Nights



Calm Your Body



Relax Your Mind



Rest Better Tonight



HERBAL TEA TIPS:

- ✓ Drink teas 30–60 minutes before bed.
- ✓ Avoid very large amounts right before sleep if nighttime bathroom trips worsen sleep.
- ✓ Rotate blends to see which herbs your body responds to best.
- ✓ Some herbs like valerian, skullcap, and passionflower can increase drowsiness.
- ✓ If you take medications or have medical conditions, especially kidney disease or are pregnant, check with a healthcare professional before using strong herbal blends regularly.



TIPS FOR RLS AT NIGHT:

- ✓ Avoid caffeine late in the day.
- ✓ Stay hydrated.
- ✓ Gentle leg stretching before bed may help.
- ✓ Warm baths with Epsom salt are soothing for some people.
- ✓ Low iron can contribute to RLS, so iron levels are sometimes checked by a doctor.



SAFETY NOTE

Valerian can cause drowsiness — avoid combining with sleep medications unless your doctor approves.

Some herbs may interact with medications or medical conditions.

If symptoms are severe, worsening, or happening daily, it's worth discussing with a healthcare professional because RLS can sometimes be linked to iron deficiency, kidney issues, medications, or nerve conditions.

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