

Three herbs for natural sleep



Course booklet

Welcome

Hello and welcome to the course,

The aim of this course is to provide you with a basics on herbs for the natural sleep.

This course is an introductory level course and is really a starting point in the exciting world of medicinal plants.

Safety

Herbs and medications

Herbs are often seen as 'safe' because they are natural but that is not the case, and when someone is taking medications they can interact with herbs (as well as a wide range of supplements and vitamins).

If you are taking any medication I do not recommend you take any herbs internally without first consulting a medical herbalist to check for interactions.

Herbs and particular medical conditions

In these courses we will only be looking at self limiting conditions, things that you would generally not seek medical attention for. e.g. coughs and colds.

It is important to seek medical attention when appropriate, either through a local doctor or local medical herbalist.

Herbs, pregnancy and breastfeeding

While there are some herbs that are beneficial in pregnancy and breastfeeding, they must be strictly controlled and for that reason I recommend anyone who's pregnant to see a medical herbalist for advice before taking any herbs (internally) at any stage of pregnancy (or breastfeeding).

External preparations can be used for pregnant women but if you are ever in doubt check with a local medical herbalist.

What is herbal medicine?

Herbal medicine is the use of plant based medicines to restore and maintain health.

Herbal medicine is the oldest form of medicine in the world, with over 80% of the world's population using herbal medicine as their only form of medicine (WHO statistic).

In the UK, herbal medicine is often seen as a 'complementary' medicine, as it can be used safely alongside orthodox medicine.

Many orthodox medicines in use today originated from medicinal plants, for example aspirin from willow bark, and digitalis from foxglove.

Medicinal plants have been used for thousands of years for health and nutrition, and modern scientific research is now starting to explain how that works. For example, Valerian has been shown to improve sleep in several studies* and is now available to buy over the counter as an alternative to sleeping tablets.

Ginkgo (Ginkgo biloba) is another herb that has been studied extensively in recent years, research has shown that Ginkgo can improve brain function in people with Alzheimer's and Dementia*.

Teas and infusions

You can find out more about how to make these in my free eBook [Simple herbal teas](#).

Three herbs for natural sleep

Chamomile (*Matricaria recutita*)



Chamomile is often over looked as a simple remedy to ease stomach cramps or for skin creams but it's much more than that.

Chamomile has a mildly relaxing effect on strained nerves so if you feel wound up like a coiled spring before bed then chamomile tea would be a great start.

You can drink up to 1 cup in the evening but remember if you're using shop bought tea bags you'll need to use 2 - 3 tea bags per cup to get an effect.

Limeflower (*Tilia europea*)



Lime (also known as linden) has a beautiful flower that is a natural relaxant. It's really useful for people who are on the go all of the time and never sit down to rest.

You can drink up to 1 cup in the evening but remember if you're using shop bought tea bags you'll need to use 2 - 3 tea bags per cup to get an effect.

If you're using dried herb I recommend 5-10g steeped in hot water for at least 15 minutes.

Valerian (*Valeriana officinalis*)



Do make sure you're buying *Valeriana officinalis* and not using a different valerian. It's the root that tends to be used medicinally and is used traditionally as a sedative. It's this that you'll find in tablet form and tincture form in health food shops.

You can take it as a tea if it's in with the other herbs, for example in a ready made tea blend or tea bag but people tend to find it's not the nicest tasting and so often

prefer it as a tincture or you could make a syrup or glycerite if you prefer (See my [YouTube videos](#) for more details).

If you're going to try it as a tincture then I recommend taking 5 - 10ml at night and the same amount for a syrup or glycerite.

What next?

Other courses you may enjoy

If you've enjoyed this course I have lots more. You can take a look [here](#).

Additional resources

- [NHS - How to get to sleep](#)
- [Help Guide - Getting better sleep](#)