Sleep Aid

A calming blend of four nervine herbs for the entire body, restless legs included.

This Herbal Combination



Valerian Root — the calming backbone of the formula.



Blue Vervain — a traditional relaxing nervine, long used for tension and restlessness.



Skullcap — calms nervous tension without dulling the mind.



Wood Betony — a traditional nerve tonic that calms and strengthens the nervous system.

How It Works

This is one of HEAL's three sleep formulas: a calming aid for the entire body. It has also been used to calm restless legs. A teaspoon in water can clear that crawly, restless feeling in the legs and allow restful, unbroken sleep.

Suggested Use

Made as an extract in 80-proof vodka. A common amount is a teaspoon in water before bed.

Other Helps for Sleep

Keep the bowels open and moving well; stop the stimulants (coffee, tea, chocolate); take the electronics out of the bedroom; no food after 6 PM; walk barefoot on the grass or ground for 15 minutes a day; and flush the liver, which for many is one of the best long-term supports for sleep.

Pairs Well With

Sleep Support, which lets the body grow drowsy; and General Nervine, a strong calming and restorative formula for sleep.

This information is provided for educational purposes as part of traditional herbal practice and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition.

For more on this formula, see my blog post "Two Formulas for a Good Night's Sleep" at www.daradietz.me.