Sleep Support

A blend of herbs traditionally used to let the body grow drowsy and drift off to sleep.

This Herbal Combination



Kava Kava — long used in the South Pacific to relax the body and quiet an anxious mind.



Valerian Root — a calming root long used to ease nervous tension and support restful sleep.



Gotu Kola — a traditional brain and nerve tonic.



Passionflower — used to quiet a restless mind and support sound sleep.



Skullcap — one of the classic nerve-nourishing herbs.



Lobelia — a relaxant and antispasmodic that helps the whole body let go.

How It Works

This is one of HEAL's three sleep formulas, and each has its own personality. This one lets the body become drowsy and drift off. It fits some people very well, while others find another formula suits them better, so it's worth trying to see whether it's yours.

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 Aid, which calms the whole body, restless legs included; 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.