ONYX HEALTH AND BEAUTY

Top 10 Teas for Better Sleep

A natural guide to calm your mind, relax your body, and improve your sleep routine.

Tea	Best For	When to Drink
Chamomile	Stress, relaxation	30–45 min before bed
Lavender	Anxiety, calm mind	Evening
Peppermint	Digestion, comfort	After dinner
Valerian Root	Insomnia	1 hr before bed
Lemon Balm	Stress relief	Evening
Passionflower	Stay asleep	Before bed
Ashwagandha	Stress balance	Evening
Ginger	Digestion	After dinner
Rooibos	General relaxation	Evening
Magnolia Bark	Deep sleep	Before bed

Create a calming night routine: dim lights, sip tea slowly, and relax your mind.

Natural Healing • Skin Care • Hair Care • Self-Care