

Natural Remedy	Properties	Usage	Effect
Ashwagandha (Withania somnifera)	Adaptogenic herb, nervine	Drink as a chai tea (with milk/alternative), or take as tincture or capsule (not time specific)	Helps reset circadian rhythm
Bananas (Musa spp.)	Contain tryptophan, potassium and magnesium	Eat half an hour before bed	Relaxes muscles
Catnip (Nepeta cataria)	Nervine (calming, relaxing class of herbs), contains nepetalactone	Take warm tea at bedtime	Induces sleep
Chamomile (Matricaria recucita)	Nervine	Take tea at bedtime.	Relaxes muscles
Hops (Humulus lupulus)	Sedative	Make into a strong tea and can also be stashed under the pillow.	Calms nerves
Lavender (Lavandula officinalis)	Relaxing for nervous, muscle and digestive systems	Stash under your pillow or keep by your bedside	Creates a sense of relaxation.
Lemon balm (Melissa officinalis)	Nervine	Tea	Calms and relaxes.
Magnesium	Plays a role in the functioning of GABA receptors	Take supplement according to dosage; can also take Epsom salt baths	Calms your nervous system
Milk	Source of tryptophan, an amino acid	Take half a glass half an hour before bed	Calms you.
Passionflower (Passiflora incarnata)	Sedative, modulates GABA pathway	Take as tea, tincture, or capsule before sleep	Calming and sedating.
Saint John's Wort (Hypericum perforatum)	Contains hypericin that raises the level of serotonin & melatonin.	Take infusion before bed	Enhances quality of sleep.
Skullcap (Scutellaria lateriflora)	Nervine	Take as infusion, tincture or capsule before sleep	Helps calm racing mind
Tart Cherry Juice	Increases bioavailability of tryptophan, which converts to serotonin & melatonin	Drink juice	Melatonin maintains the sleep wake cycle by causing drowsiness and lowering body temperature.
Valerian (Valeriana officinalis)	Sedative, increases gamma aminobutyric acid (GABA) that regulates action of nerve cells; contains valepotriates	Take tea at bedtime	Gives a calming effect. **Caution: may be paradoxically stimulating for a small percentage of people.**