



Insomnia Relief

Follow the infusion brewing method below to make an insomnia relief tea. Use Kava for occasional instances and passion flower for chronic or extended periods of insomnia. Try hops cones for hot and restless experiences. Be sure to check if these herbs are safe to use with any medications you are currently taking – before you ingest them. Sweet dreams!

For Loose-Leaf Infusions:

- “1. Put 4 to 6 tablespoons of dried herb (or 6 o 8 tablespoons of fresh herb) into a glass quart jar.
2. Pour boiling water over the herbs, filling the jar. Let steep 30-45 minutes. (The length of steeping time and the amount of herb you use will affect the strength of the tea.)
3. Strain and drink.”

R. Gladstar, *Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide*