



## Journal Entry: Herbal Remedies for Those Sleepless Nights



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*Lavender (*Lavandula angustifolia*) and sage (*Salvia officinalis*) offer a visual relaxing effect with their dusty, blue-gray foliage. Few sprigs placed in the bedroom are said to help induce sleep. North American Indians used hop (*Humulus lupulus*) as a sedative while modern herbalists add them to dream pillows where their warm fragrance is said to induce sleep.*

*The following herbs have a history of use in reducing stress and anxiety and are considered to have a tranquilizing effect. Catnip (*Nepeta cataria*) and Bay (*Laurus nobilis*) while Lemon Balm (*Melissa officinalis*) is listed in Culpeper's Herbal which states: "Melissa causeth the mind and heart to become merry and driveth away all troublesome cares and thoughts..."*

*Some herbs are used for both their tranquilizing effects and their help in easing insomnia. Valerian (*Valeriana officinalis*), Wild Cherry (*Prunus serotina*), Yarrow (*Archillea millefolium*), Motherwort (*Leonurus cardiac*), Passionflower (*Passiflora in nata*), and Roman chamomile (*Anthemis nobilis*) represent these qualities.*

*Where the chamomile grows into the pathways of gardens, it can be walked upon to release its apple-like fragrance. A handful of its flowers can be safely added to a hot tub for a relaxing soak.*



I found these notes in my journal about five years after my son's death. Just knowing that some of these natural herbs could be helpful was comforting

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