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## Debunking Medical Myths: The Truth About Chamomile Tea & Sleep

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# THE TRUTH ABOUT CHAMOMILE TEA & SLEEP

Bally, A., Chamdin, S., Jafar, Y., Martinovski, P., Shaikh, M., Sukhon, N. (Green 20)

Insomnia is a medical condition where someone cannot fall asleep for more than 3 days a week for more than 3 months. Chamomile is an herb that is commonly used in teas and as dried flowers. It has been used for health purposes, specifically for its claim to cure and prevent insomnia.

**But how much of this is a myth?**



Science shows chamomile helps improve sleep quality, but it does not specifically cure insomnia. Clinical trials have been consistently unable to show that chamomile helps in falling asleep or maintaining sleep for those with insomnia.

**If you are experiencing insomnia, talk to your primary care doctor for next steps and treatment options.**

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