
If you're like me, then you need sleep. A lot of sleep. I've always been a heavy sleeper; the only time my alarm clock goes off is on weekdays when I'm actively working on homework or projects. I mostly feel sleepy during the day, and it's really difficult waking up in the morning and staying awake all through the school day and after school activities. A friend of mine told me about an over-the-counter herb blend called Sleepytime Tea. It's a combination of four herbs: valerian root, lemon balm, passion flower and chamomile. I've never heard of this before, so I searched on the Internet to find out more about this herb blend. Apparently, it's been around for a long time and most people swear by it. In my search, I found a blog by a woman named Jennifer at Gummy Bear Mom. It's said that she had trouble sleeping for years until she discovered Sleepytime Tea. I decided to try out the Sleepytime Tea and see if it really worked. I bought a package from an online store called Swanson Vitamins. It's recommended that you only use the tea once or twice a day – not more – as using too much can cause grogginess in the morning. I placed the tea bags in a mug and poured water over it and made a cup of tea. I found that drinking the tea had a calming effect on me; my body was less tense and it seemed as if my mind was at ease as well. I thought that I'd leave the tea bags overnight to see if they gave me more restful sleep. The next morning, I woke up feeling as if I had slept for hours (while still having to wake up before sunrise). It didn't work on me, but it seems really good on most people. You can find Sleepytime Tea at most health food stores and online as well.

All information used from the following websites: pccnaturalmarket.com, http://www.sleeping-dogs.net/?gclid=CNUK_17zvACFQgw7QxdqTUAq, <http://www.sleepymama.org/2012/11/sleepytime-herbal-tea-review/>, <http://www.healthline.com/health/sleepytime-tea#Overview1>, <https://www.swansonvitamins.com>

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