The Secret to Easing Insomnia the Natural Way to Sleep like a Log!

Ever had trouble falling asleep or when you do fall asleep you don’t stay sleep for long? You just toss and turn all night hoping to get some sleep before you have to get up for work the next day. You set your clock for six o’clock but you wake up at one o’clock and can’t go back to sleep. You don’t want to take sleep medicine because you might sleep too long. What if I told you a secret that could ease insomnia a natural way so you can get a good night’s rest?

That secret is Chamomile tea. Chamomile tea is one of the oldest natural teas you can use for many medicinal problems. It has a calming effect on your body to help you relax and sleep better. One good thing about it is it is caffeine free, so you can drink it day or night. One study showed that if you drink two cups before bedtime, you are sure to sleep like a log and probably not even have bad dreams.

It’s very easy to prepare too. Just get a heaping teaspoon of tea leaves per cup of boiling water and steep for just five to ten minutes and cover. Sip and enjoy! Then get ready for a good night sleep. Hurry and get to the store while the 20% off sale last. Click for your coupon!