

For Insomnia Relief

(Based on a Traditional Recipe by György Szabó, the Renowned “Herbalist of the Bükk Mountains”)

Ingredients for 1 Month

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Struggling with sleepless nights?

Do you often find yourself tossing and turning, unable to fall asleep?

I found this soothing herbal tea recipe in a book by György Szabó, one of Hungary’s most respected traditional herbalists, often affectionately called “Gyuri bácsi” – which means “Uncle Gyuri” in Hungarian. He dedicated his life to preserving and sharing the knowledge of Hungary’s rich folk herbal medicine traditions, especially those rooted in the Bükk Mountains, a region long known for its healing plants.

Hungarian folk herbalism dates back centuries and is still widely respected today. The remedies are typically passed down through generations.

This sleep-supporting tea blend is one of those timeless treasures. Below, you’ll find the full recipe with practical instructions.

Ingredients for the Insomnia Relief Herbal Blend

The main ingredient is hops, a plant known for its calming, sedative properties. It helps ease the mind and supports restful sleep.

Lemon balm is not only delicious, it also enhances the calming effects of hops.

St. John's wort helps relieve tension and supports digestion.

Rosehip and thyme are added for their immune-boosting properties.

Proportions (by volume):

- Hops: 16 parts
- Lemon balm: 5 parts
- St. John’s wort: 5 parts
- Rosehip: 4 parts
- Thyme: 4 parts

How to Mix the Blend

Measure out:

- 16 tablespoons of dried hops
- 5 tablespoons of dried lemon balm
- 5 tablespoons of dried St. John's wort
- 4 tablespoons of dried rosehip
- 4 tablespoons of dried thyme

Mix everything in a large bowl or jar. A big glass jar works great — you can shake it to combine the herbs evenly.

Store the blend in a dry, dark place, preferably labeled. Any leftover herbs can be used separately as well.

How Much Should You Buy?

You'll need about 3 grams of tea per day, which means around 90 grams for one month.

Based on the recipe proportions, here's what you'll need:

- Hops: approx. 48 g
- Lemon balm: approx. 15 g
- St. John's wort: approx. 15 g
- Rosehip: approx. 12 g
- Thyme: approx. 12 g

If you're buying in pre-packed herbal tea bags:

- Hops: 2 packs (if 40 g each)
- Lemon balm: 1 pack
- St. John's wort: 1 pack
- Rosehip: 1 pack
- Thyme: 1 pack

If you can only find one pack of hops, don't worry – the recipe will still work well with slightly less.

How to Prepare and Use the Tea

Infuse 1 tablespoon of the herbal blend with 200 ml (about 1 cup) of boiling water.

Let it steep for 15 minutes, then strain. You can sweeten it with a bit of honey if desired.

Cautions

- In summer, avoid using St. John's wort, as it can increase sensitivity to sunlight (photosensitivity).
- If you're taking prescription sedatives or other medications, this tea may interact with them — in that case, it's best to avoid it.

The effects described are based on traditional use and folk medicine. While widely respected, they have not all been verified in scientific studies.

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