GRANDMA'S REMEDIES

# Natural Sleeping Aid: Banana & Cinnamon Tea for Calm Sleep

By bestfolkmedicine · 30/05/2019 · 2 min read



*Nowadays, unfortunately, insomnia and poor sleep quality are major problems for the worldwide population. Whether it is our busy way of life or some other contributing factor, sleep has become a luxury, rather than a need.*

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*When we do not get the sufficient hours of sleep on the daily, we deprive our body from the important processes that happen during sleep. Consequently, this worsens our overall health and causes numerous health issues.*

*In order to fall asleep quickly and get the needed hours of rest before a busy day, a lot of individuals reach for over-the-counter sleeping aids. However, these pills are highly addictive and can cause numerous side effects like grogginess, hallucinations, and more.*

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*This being said, it is time to improve our lifestyle in other aspects and ensure sleep comes naturally. Plus, you can use some potent natural remedies, including the one we are going to present today.*

*It is a tea with banana and cinnamon that people swear by to have helped them manage their sleep. Continue reading the article to see the recipe in detail…*

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**DIY Banana & Cinnamon Sleeping Aid Tea**

Banana peels are rich in potassium and magnesium, two potent minerals. They help relax the muscles and participate in numerous other bodily functions.

You will need the following ingredients:

One banana, organic

250 ml of water

A dash of cinnamon

Preparation:

Do not peel the banana, only cut off both its ends. Fill one pot with the water and bring it to boil. Put the banana into it. Cook for 10 minutes on medium heat. Once it begins to boil, remove it from heat. Strain the content into a cup. Add the cinnamon and stir well.

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Drink the tea an hour before your bedtime.

Before heading out, do not forget to check out this video and learn more about this powerful natural sleeping aid:

https://www.youtube.com/watch?v=LOGCWmpAGeE

Sources:

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