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## Favourite blend for sleep?

Posted by Somnilocus - 2007/09/11 16:03

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There is, of course, the givens: chamomile, lavender, hops, lemon balm, etc.

But does anyone have any personal favourites, maybe something a bit out of the ordinary? I'm looking for something to help with GETTING to sleep by calming the mind (right now, it stays too active when I try to sleep).

Also something to aid in remembering dreams?

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