

Dragonfly's Nook
PLANTS ♦ CRAFTS ♦ GOOD VIBES
Grow a kinder, greener tomorrow ♥

Healthy Plants
Happier People ♥

VALERIAN

(*Valeriana officinalis*)

♥ Calm Roots ♥ Restful Nights ♥ Natural Support ♥

A time-honored herb for sleep, relaxation, and emotional balance.

Ancient
Herb
Modern
Support
♥

HERBS
NATURAL LIVING
PLANT WELLNESS
PEACEFUL MIND

Medicinal Benefits

- ♥ **Supports healthy sleep** – May help reduce the time it takes to fall asleep, improve sleep quality, and increase total sleep time (1, 2).
- ♥ **Calming and anti-anxiety effects** – Traditionally used to ease nervousness, restlessness, and mild anxiety (3, 4).
- ♥ **Supports stress relief** – May help lower stress levels and promote a sense of calm (5).
- ♥ **Natural muscle relaxant** – May help relieve muscle tension, spasms, and cramps (6).
- ♥ **Supports hormonal comfort** – Some evidence suggests it may help with hot flashes and sleep disturbances during menopause (7).
- ♥ **Supports heart health** – May help promote healthy blood pressure levels related to stress and anxiety (8).

Deep roots. Deeper rest.
Nature's way to help you unwind. ♥

Plant Information

- ☀ **Type:** Perennial herb
- ↑↓ **Height:** 3 – 5 feet
- ↔ **Spread:** 1 – 2 feet
- 🌸 **Bloom Time:** Late spring – summer (small pink to white flower clusters)
- ☀ **Sunlight:** Full sun to partial shade
- 💧 **Soil:** Moist, rich, well-draining soil
- 🌿 **Water:** Moderate (keep soil consistently moist)
- ❄ **Hardiness Zones:** 3 – 9

*Delicate flowers.
Powerful roots.
A calmer tomorrow. ♥*

♥ **Parts of the Plant & Their Uses** ♥

Every part has a purpose. ♥

Roots (most commonly used)

- ♥ Contain beneficial compounds called valerenic acids.
- ♥ Used in teas, tinctures, capsules, and extracts.
- ♥ Known for calming, sleep-supporting, and muscle-relaxing properties.
- ♥ Harvest roots after the plant has grown for at least 2 years, when they are most potent. Clean, dry thoroughly, and store in a cool, dry place.

*The magic is in the roots.
Patience brings the best medicine. ♥*

Leaves (less commonly used)

- ♥ Milder effects than roots.
- ♥ Sometimes used in teas or herbal blends for relaxation.
- ♥ Contain similar beneficial compounds, but in smaller amounts.
- ♥ Can be used fresh or dried.

*Gentle support
from leaf to root. ♥*

Flowers (rarely used)

- ♥ Not commonly used medicinally.
- ♥ Attract pollinators like bees and butterflies.
- ♥ Add beauty to the garden.
- ♥ Can be enjoyed simply for their ornamental value.

*Small flowers.
Big benefits for the garden. ♥*

Popular Ways to Use Valerian

Herbal Tea
(calming & restful sleep)

Tincture
(quick absorption)

Capsules
(convenient)

Sleep Blends
(with chamomile, lemon balm, passionflower, etc.)

Dried Root
(for tea or infusions)

From garden to bedtime – valerian helps you unwind, naturally. ♥

Growing Tips

- ☀ **Sunlight:** Full sun to partial shade
- 💧 **Soil:** Moist, rich, well-draining soil
- 💧 **Water:** Keep soil consistently moist
- 🌱 **Planting:** Start from seed or root divisions in spring or fall
- 🌸 **Bloom Time:** Late spring – summer
- ❄ **Hardiness Zones:** 3 – 9
- ♥ **Patience:** Allow the plant to grow for 2 full years before harvesting the roots for the best medicinal quality.

Good things take time. ♥

A Few Things to Keep in Mind

- ♥ May cause drowsiness – do not drive or operate heavy machinery after use.
- ♥ Not recommended during pregnancy or breastfeeding.
- ♥ May interact with sedatives, sleep medications, or alcohol.
- ♥ Some people may experience mild side effects such as headache, dizziness, or stomach upset.
- ♥ Use under the guidance of a healthcare provider, especially if taking medications or managing a medical condition.

Selected Studies & Sources

1. Bent, S. et al. (2006). Valerian for sleep: A systematic review. *Am J Med.*
2. Taihi, D. M. et al. (2007). Valerian and sleep quality. *Sleep Med.*
3. Fernandez-San-Martin, M. I. et al. (2010). Anxiolytic effects. *Phytomedicine.*
4. Murphy, K. et al. (2000). Valerian and anxiety. *Evid Based Complement Med.*
5. Hatteshohl, M. et al. (2008). Stress relief and mental performance. *Phytather Res.*
6. Chatterjee, S. S. (2000). Muscle relaxant and antispasmodic effects. *J Ethnopharmacol.*
7. Fernandez-San-Martin, P. D. (1982). Valerian in menopausal symptoms. *Planta Med.*
8. Ortiz, J. et al. (2011). Cardiovascular effects of valerian. *J Herbal Med.*

(Full citations available upon request)

Plant Wellness ♥ Grow Joy ♥ Dragonfly's Nook ♥