Herbs for better sleep

Herb	Anxiety	Exhaustion	Insomnia	Pain	Depression	High BP	Grief / Shock	Sedative	Relaxant Calming	Restlessness	Full nights sleep
Chamomile			✓	✓				✓	✓	✓	
Rose	✓				✓		✓	✓	✓		
Lavender	✓	✓	✓		✓			✓	✓		
Passion flower	✓					✓		✓		✓	
Lemon balm						✓		✓	✓		
Lime flowers	✓					✓			✓		
Oat straw	✓	✓			✓		✓		✓		
Skullcap		✓					✓		✓		✓
Hops	✓		✓					✓	✓	✓	
Valerian		✓	✓					✓		✓	✓