

“Moon milk” is a slightly sweetened drink that is gaining popularity. It relaxes well and promotes high -quality sleep.

“Moon milk” is made both warm milk (ordinary or vegetable) and a mixture of soothing ingredients. This is Ashvaganda, ginseng, cinnamon, turmeric and nutmeg.

Natural milk is a great choice for relaxation, since calcium, potassium and magnesium in its composition contribute to calm sleep. This was said by Jessica Cording, a master of science, a certified nutritionist. Among vegetable milk, there are also options with calcium added.

Ashvaganda helps to reduce stress levels and prepare for calm sleep.

Adaptogens (ginseng and Rhodiola) improve the adaptation of the body to stress. According to some studies, they support a healthy level of stress hormone with constant use for 60 days or more.

Some add collagen to the “lunar milk”, as it contributes to continuous sleep.



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Magnesium is known for its ability to improve sleep. Studies also show that there is a connection between healthy sleep and magnesium consumption. To add it to the “lunar milk”, use magnesium glycinate powder.

Finally, you can add cherry juice to the drink. This is a natural source of melatonin.

In addition, the addition of a relaxing drink type of “lunar milk” in your evening ritual will help the body to connect it with sleep.

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