What is claimed is:

1. A sleep supplement composition comprising 50 mg to 275 mg valerian extract, 20 mg to 140 mg lemon balm extract, and 1.0 mg to 13.0 mg L-theanine.

2. The sleep supplement composition of claim 1, further comprising melatonin.

3. The sleep supplement composition of claim 2, comprising 0.5 mg to 5.5 mg melatonin,

4. The sleep supplement composition of claim 2, comprising 1.0 mg to 4.0 mg melatonin.

5. The sleep supplement composition of claim 1, comprising 100 mg to 200 mg valerian extract.

6. The sleep supplement composition of claim 1, comprising 50 mg to 120 mg lemon balm extract.

7. The sleep supplement composition of claim 1, comprising 6.0 mg to 11. 0 mg L-theanine.

8. The sleep supplement composition of claim 2, comprising 1.0 mg to 4.0 mg melatonin, 100 mg to 200 mg valerian extract, 50 mg to 120 mg lemon balm extract, and 6.0 mg to 11. 0 mg L-theanine.

9. The sleep supplement composition of claim 1, wherein the combined amount of valerian extract, lemon balm extract, and L-theanine is 100 mg to 400 mg.

10. The sleep supplement composition of claim 2, wherein melatonin, valerian extract, lemon balm extract, and L-theanine are the only sleep inducing-active components of the composition.

11. The sleep supplement composition of claim 8, wherein melatonin, valerian extract, lemon balm extract, and L-theanine are the only sleep inducing-active components of the composition.

12. The sleep supplement composition of claim 1, further comprising at least one excipient.

13. A dosage unit comprising 50 mg to 275 mg valerian extract, 20 mg to 140 mg lemon balm extract, and 1.0 mg to 13.0 mg L-theanine, wherein the dosage unit is in the form of a softgel capsule for promoting sleep.

14. The dosage unit of claim 13, further comprising melatonin.

15. The dosage unit of claim 14, comprising 0.5 mg to 5.5 mg melatonin.

16. The dosage unit of claim 14, wherein the dosage unit comprises 1.0 mg to 4.0 mg melatonin, 100 mg to 200 mg valerian extract, 50 mg to 120 mg lemon balm extract, and 6.0 mg to 11. 0 mg L-theanine.

17. The dosage unit of claim 16, wherein melatonin, valerian extract, lemon balm extract, and L-theanine are the only sleep inducing-active components of the dosage unit.

18. The dosage unit of claim 14, wherein the softgel capsule includes a shell and a fill composition, wherein the shell comprises at least one plant-based component, and the fill composition comprises the valerian extract, the lemon balm extract, the L-theanine, and the melatonin.

19. The dosage unit of claim 18, wherein the fill composition further comprises triglycerides of medium chain fatty acids.

20. A method comprising promoting sleep in an individual in need thereof, by orally administering to the individual the sleep supplement composition of claim 1.

21. A method comprising promoting sleep in an individual in need thereof, by orally administering to the individual the sleep supplement composition of claim 8.

22. A method comprising promoting sleep in an individual in need thereof, by orally administering to the individual the dosage unit of claim 13.

23. A method of promoting sleep in an individual in need thereof, by orally administering to the individual the sleep supplement composition of claim 1 or 8, or the dosage unit of claim 13.