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The Effect of Valerian on Sleep Component among Menopausal Women

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Abstract

Background & Aims: About 50 percent of menopausal women have sleep disorders that can lead to reduced quality of life; according to the population growth in postmenopausal women today, raising the level of their health issues are deemed important. The aim of this study was to investigate the effect of valerian on sleep component among 60-50 year women.

Methods: In this study, a randomized controlled trial design was employed. Participants consisted of 100 women with menopause aged 50-60, who suffered from insomnia. Instruments included demographic data form and Pittsburg sleep quality index. Descriptive and inferential statistics were used to analyze the data.

Results: Prevalence of sleep disorders by Pittsburg sleep quality index in this group was 70%. A statistically significant change was reported in the six components of sleep disturbance in intervention group in comparison to the placebo group ($p=0.000$). But the sixth component (the amount of drugs) was not statistically different.

Conclusion: The results show that valerian improves the component of sleep in women with insomnia. So, it is essential that health providers would be familiar with these herb supplements.

Keywords: Menopause, Valerian, Sleep disturbance

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