
MENOPAUSAL SLEEP DISORDER AND USE OF LEMON BALM: A TRIPLE BLIND RANDOMIZED CONTROL TRIAL

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One of the common problems in menopausal women is sleep disturbance, which effect on quality of life and must be prevent or treat by using pharmacological or non pharmacological methods.

Material and Methods: In this triple blind randomized controlled trial 100 menopause women with age 50-60, whom had been visited in clinics of Tehran University of Medical Sciences (Year 2012) and suffered from insomnia after signing informed consent completed demographic and Petersburg Sleep Quality Index Questionnaire (PSQI) Volunteer participants randomly divided to two group (A, B) and received capsules of 250 mg Lemon balm, or 50 mg Capsules of Starch as placebo in the same shape capsules, two times in a day for one month. PSQI were checked again after one month intervention. Descriptive and inferential statistics (T-Test, pair T-Test) were used. Study approved by ethics committee of Tehran University of Medical Sciences.

Results: Most of the women were in the age 50-52 (62%). The results show 20% of participants in intervention group and 8% percent in placebo group showed improvement in the quality of sleep. There was significant difference between average of PSQI in Intervention and Placebo group ($P < 0.05$)

Discussion: The results show lemon balm had higher effect on improvement of sleep quality than placebo. Referring to effect of Starch as placebo in some components of PSQI, it is suggested that to do another study by using Starch as intervention.

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