

Article: 1784

Topic: EPV34 - e-Poster 34: Sleep Disorders and Stress

Effect of Valerian and Lemon Balm Combined Capsules, On Postmenopausal Sleep Disorder, a Triple Blind Randomized Placebo Control Clinical Trial

S. Taavoni^{1,2,3}, N.N. Ekbatani², H. Haghani¹

¹Senior lecturer in Iran University of Medical Sciences (IUMS), , ; ²PhD Student in Medical Education, Faculty of Medicine, Tehran University of Medical Sciences (TUMS) ; ³Research Institute for Islamic and Complementary Medicine (RICM, IUMS),

Sleep disorder in menopause women, affect their quality of life and must mänge by safe methods.

Objectives: To determine effect of Valerian/Lemon balm combined capsules on Sleep Disorder.

Methods: In this triple blind randomized control clinical trial, 100 volunteer healthy menopause women with aged 50-60 years, who complained of sleep disorders, were selected randomly in clinics of West of Tehran (50 in each group). After filling in informed consent, intervention group received two combined capsules of 160 Mg Valerian and 80 Mg Lemon Balm in a day and control group received 50 Mg Starch as placebo capsules two times in a day for one month. Pittsburg Sleep Quality Index (PSQI) had been used. All ethical points were considered.

Results: The average age of the experimental group was 52.5 ± 7.8 and 53.7 ± 3.5 in the control group with a menopausal onset age of 47.6 ± 4.1 and $49.1 \pm 3/9$ respectively. Equality of demographic characteristics and PSQI before intervention had been checked in two groups. 36% of the experimental group and 8% of the placebo group showed an improvement in the quality of their sleep and sleep scores have decreased 5 points. ($P = 0.0001$). There was significant difference in PSQI between groups ($p > 0.05$)

Conclusion: Findings support use of Valerian and Lemon balm combined capsules in the clinical management of sleep disorder in menopause. No side effects had been seen during study and one month later. It is suggested to continue this study with more duration.