

Comparative Effectiveness Chart for

Sleep quality

Effectiveness Rating: LIKELY EFFECTIVE	
Therapy	Specific therapeutic Use
Melatonin	Circadian rhythm sleep disorders in the blind
Melatonin	Delayed sleep phase syndrome (DSPS)
Melatonin	Sleep-wake cycle disturbances
Effectiveness Rating: POSSIBLY EFFECTIVE	
Therapy	Specific therapeutic Use
Light Therapy	Sleep-wake cycle disturbances
Meditation	Sleep-wake cycle disturbances
Tyrosine	Sleep deprivation
Effectiveness Rating: POSSIBLY INEFFECTIVE	
Therapy	Specific therapeutic Use
Vitamin B12	Circadian rhythm sleep disorders
Effectiveness Rating: INSUFFICIENT RELIABLE EVIDENCE to RATE	
Therapy	Specific therapeutic Use
Acupressure	Sleep apnea
Acupressure	Sleep quality
Acupuncture	Sleep apnea
Apoaequorin	Sleep quality
Calea Zacatechichi	Sleep
Glycine	Sleep quality
Hydrotherapy	Sleep quality
L-Tryptophan	Sleep apnea
Magnesium	Sleep quality
Magnet Therapy	Sleep apnea
Massage	Sleep
Meditation	However, meditation does seem to improve depression, sleep, and stress in patients with fibromyalgia (16217,88826,88827,91845)
Melatonin	Rapid eye movement sleep behavior disorder (RBD)
Shirodhara	Sleep
Taurine	Sleep deprivation
Zizyphus	Sleep Quality