

Comparative Effectiveness Chart for

Sleep

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
Acupuncture	Insomnia
Lemon Balm	Insomnia
Light Therapy	Sleep-wake cycle disturbances
Meditation	Sleep-wake cycle disturbances
Melatonin	Beta-blocker-induced insomnia
Melatonin	Insomnia
Music therapy	Insomnia
Tyrosine	Sleep deprivation
Valerian	Insomnia
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
Aromatherapy	Insomnia
Autogenic Training	Insomnia
Calea Zacatechichi	Sleep
Cannabidiol	Insomnia
German Chamomile	Insomnia
Glycine	Sleep quality
Homeopathy	Insomnia
Hops	Insomnia
Hydrotherapy	Sleep quality
Hypnotherapy	Insomnia
Indian Snakeroot	Insomnia
Kava	Insomnia
Lavender	Insomnia
L-Tryptophan	Insomnia
L-Tryptophan	Sleep apnea
Magnesium	Sleep quality
Magnet Therapy	Insomnia
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)
Moxibustion	Insomnia
Passion Flower	Insomnia
Progressive Muscular Relaxation	Insomnia
Shirodhara	Sleep
Sour Cherry	Insomnia
Tai Chi	Insomnia
Taurine	Sleep deprivation
Vitamin B6	Insomnia
Yoga	Insomnia

Zizyphus	Sleep Quality
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