Sleep well with homeopathy

Sleep disorders are a major public health concern. Conventional sleeping pills may be effective, but can also have associated side effects. Newly published research shows that homeopathy can help in sleep disorders, without the risk of side-effects.

**Major public health problem**

Sleep disorders affect between 6 and 40 percent of the population\(^1\)-\(^3\), and are also commonly seen in children and adolescents\(^4\)-\(^5\). Chronic insomnia can have serious health-related, social and economic consequences, resulting in emotional distress, fatigue and reduced productivity\(^6\). Conventional drugs for sleep disorders are frequently used, but may cause a number of side-effects, including insomnia itself\(^7\).

**Research: Homeopathy can help you sleep better**

In a newly published trial, researchers found significant improvement of primary insomnia in participants who took homeopathic medicines\(^8\). Homeopathy patients slept about 1 to 1.4 hours longer per night over the following four weeks. No such improvements were seen in those who were given ineffective placebo pills. The study, which included 30 participants, was randomized and double-blinded. This survey confirms results from previous trials which have shown positive effects of homeopathy for sleep disorders\(^9\)-\(^14\). Sleep disorders are one of the complaints most commonly treated by homeopaths\(^15\). Homeopathy is a safe treatment and homeopathic medicines are known to be free of serious side-effects\(^16\).

**Improved sleep in menopause, fibromyalgia and ADHD**

Homeopathy can also be of help to patients who suffer from other complaints which affect their sleep. Examples are problems during or after menopause\(^9\)-\(^10\), fibromyalgia\(^11\) and attention deficit hyperactivity disorder (ADHD)\(^12\). In a survey of 438 women suffering from menopausal problems, their hot flushes as well as their sleep improved considerably after homeopathic treatment\(^9\). Menopausal symptoms disappeared or were reduced in 90 percent, most of them within the first two weeks after treatment started.

**Changed sleep in animals**

Researchers have also found that homeopathic medicines affect sleeping patterns in mice and rats\(^17\)-\(^18\). Together with randomized placebo-controlled studies in human beings, these animal studies negate the argument that homeopathy may work solely due to a placebo effect.

For safe and effective homeopathic treatment, patients should make sure that the practitioner they consult is a registered member of an ECCH or ICH Member Association. For information, please refer to [www.homeopathy-ecch.eu](http://www.homeopathy-ecch.eu) and outside Europe [www.homeopathy-ich.org](http://www.homeopathy-ich.org)
References


