

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 population¹⁻³, and are also commonly seen in children and adolescents⁴⁻⁵. Chronic insomnia can have serious health-related, social and economic consequences, resulting in emotional distress, fatigue and reduced productivity⁶. Conventional drugs for sleep disorders are frequently used, but may cause a number of side-effects, including insomnia itself⁷.

Research: Homeopathy can help you sleep better

In a newly published trial, researchers found significant improvement of primary insomnia in participants who took homeopathic medicines⁸. 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 disorders⁹⁻¹⁴. Sleep disorders are one of the complaints most commonly treated by homeopaths¹⁵. Homeopathy is a safe treatment and homeopathic medicines are known to be free of serious side-effects¹⁶.

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 menopause⁹⁻¹⁰, fibromyalgia¹¹ 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 treatment⁹. 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 rats¹⁷⁻¹⁸. 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 and outside Europe www.homeopathy-ich.org

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