

Comparative Effectiveness Chart for

Insomnia

| Effectiveness Rating: LIKELY EFFECTIVE | |
|---|---|
| Therapy | Specific therapeutic Use |
| Melatonin | Delayed sleep phase syndrome (DSPS) |
| Melatonin | Non-24-hour sleep wake disorder |
| Effectiveness Rating: POSSIBLY EFFECTIVE | |
| Therapy | Specific therapeutic Use |
| Acupressure | Insomnia |
| Acupuncture | Insomnia |
| Ashwagandha | Insomnia |
| Light Therapy | Circadian rhythm sleep disorders |
| Light Therapy | Insomnia |
| Melatonin | Beta blocker-induced insomnia |
| Melatonin | Insomnia |
| Mindfulness | Insomnia |
| Music therapy | Insomnia |
| Tai Chi | Insomnia |
| 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 |
| 1,4-Butanediol | Insomnia |
| Acupuncture | Sleep apnea |
| Angelica archangelica | Insomnia |
| Apoaequorin | Insomnia |
| Aromatherapy | Insomnia |
| Autogenic Training | Insomnia |
| Bacopa | Insomnia |

| | |
|--|--|
| Baikal Skullcap | Insomnia |
| Bergamot | Insomnia |
| Biofeedback | Insomnia |
| Bitter Orange | Insomnia |
| Butterbur | Insomnia |
| Calea Zacatechichi | Insomnia |
| California Poppy | Insomnia |
| Cannabidiol (CBD) | Insomnia |
| Cannabidiol (CBD) | Rapid eye movement sleep behavior disorder (RBD) |
| Casein Peptides | Insomnia |
| Chiropractic | Insomnia |
| Delta-8 Tetrahydrocannabinol (Delta-8 THC) | Insomnia |
| Delta-9-Tetrahydrocannabinol (THC) | Insomnia |
| Ecklonia Cava | Insomnia |
| Fennel | Insomnia |
| Fish Oil | Insomnia |
| Galacto-oligosaccharides (GOS) | Insomnia |
| Gamma-Aminobutyric Acid (GABA) | Insomnia |
| German Chamomile | Insomnia |
| Glycine | Insomnia |
| Guided Imagery | Insomnia |
| Guided Imagery | Postoperative sleep disturbance |
| Homeopathy | Insomnia |
| Hops | Insomnia |
| Hypnotherapy | Insomnia |
| Indian Snakeroot | Insomnia |
| Inositol | Insomnia |
| Kava | Insomnia |
| Lactiplantibacillus plantarum | Insomnia |
| Lavender | Insomnia |
| Lemon Balm | Insomnia |
| Lemon Verbena | Insomnia |

| | |
|---|--|
| Light Therapy | Sleep deprivation |
| L-Tryptophan | Insomnia |
| L-Tryptophan | Sleep apnea |
| Magnesium | Insomnia |
| Magnet Therapy | Insomnia |
| Magnet Therapy | Sleep apnea |
| Mantra Meditation | Insomnia |
| Melatonin | Rapid eye movement sleep behavior disorder (RBD) |
| Motherwort | Insomnia |
| Moxibustion | Insomnia |
| Music therapy | Postoperative sleep disturbance |
| Negative Ion Generator | Insomnia |
| Noni | Insomnia |
| Onion | Insomnia |
| Palmitoylethanolamide (PEA) | Circadian rhythm sleep disorders |
| Panax Ginseng | Insomnia |
| Pantothenic Acid | Insomnia |
| Passion Flower | Insomnia |
| Peppermint | Insomnia |
| Phenibut | Insomnia |
| Pinellia Ternata | Insomnia |
| Qi Gong | Sleep apnea |
| Reishi Mushroom | Insomnia |
| Relaxation Therapy | Insomnia |
| Rice Bran | Insomnia |
| Roman Chamomile | Insomnia |
| Saffron | Insomnia |
| Serine | Insomnia |
| Shirodhara | Insomnia |
| Skullcap | Insomnia |
| Sour Cherry | Insomnia |
| Sweet Almond | Insomnia |

| | |
|--|---|
| Sweet Orange | Insomnia |
| Sweet Violet | Insomnia |
| Taurine | Sleep deprivation |
| Theanine | Insomnia |
| Therapeutic Touch | Insomnia |
| Transcutaneous Electrical Acustimulation | Postoperative sleep disturbance |
| Tyrosine | Sleep deprivation |
| Vitamin B6 | Insomnia |
| Vitex agnus-castus | Insomnia |
| Yoga | Insomnia |
| Zizyphus | Insomnia |