

## Medicinal Essential Oils: The Science and Practice of Evidence-Based Essential Oil Therapy

Struggling to fall asleep or stay asleep for the whole night is not only incredibly frustrating, but it can also contribute to a number of health problems. Chronic sleep problems have been linked to increased risk of injuries, cardiovascular disease, type 2 diabetes, poor immune function, mood disorders, dementia, and more. The Centers for Disease Control (CDC) estimates that 70 million Americans suffer from sleep disorders, which leaves many people reaching for supplements to help.

Supplements may help some people fall asleep in the short-term, but they act more as a band-aid than a long-term solution. You'll want to address the underlying reason for your sleep problems. "Before turning to a supplement, make sure you're addressing your sleep hygiene. There could be things you're doing that are sabotaging your sleep without realizing it," advises Kelsey Lorencz, RD of Zenmaster Wellness.

Lorencz adds, "Drinking caffeine too late in the day, using your phone or computer or watching TV too close to bedtime, and exercising in the evening can all disrupt sleep." Some medications and health conditions can also disrupt sleep. It's also important to address overall lifestyle habits such as managing stress and anxiety, exercise or regular movement, and eating enough and a well-balanced diet, which can improve sleep quality.

The safety of sleep supplements "including "natural" ones" varies and will depend on your health status. It may not be a good idea to take sleep supplements if you're pregnant or breastfeeding, have other medical conditions, or take certain medications. "Supplements can interact with medications or cause unwanted side effects with certain conditions," says Lorencz. Before starting a sleep supplement, always check with your healthcare provider to ensure it's safe for you.

Verywell Mind Approved Sleep Supplements Best Melatonin : Thorne Research Melaton-3 is NSF certified for sport and may help you fall asleep faster.

: Thorne Research Melaton-3 is NSF certified for sport and may help you fall asleep faster. Best Tea: Yogi Chamomile Tea is a great addition to your bedtime routine to help you wind down and prepare your body for sleep. Chamomile may relax you and improve the quality of sleep.

Always speak with a healthcare professional before adding a supplement to your routine to ensure that the supplement is appropriate for your individual needs and which dosage to take.

Who May Benefit from Natural Sleep Aids?

Sleep supplements may benefit some people, but keep in mind that most supplements are a short-term solution, and are best used while working to address the underlying cause of your sleep problems. Supplements affect everyone differently and what works for one person may not work for another.

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The following groups may benefit from natural sleep aids:

**People with insomnia:** No supplement will guarantee a good night of sleep, but some research suggests that melatonin and Valerian root may help you fall asleep and stay asleep longer, especially if you have insomnia.

**Older people with sleep disorders:** It's estimated that nearly half of older adults have trouble sleeping, and supplements may help. One study showed that chamomile extract improved overall sleep quality in hospitalized people over the age of 60 who had difficulty sleeping. Another study showed that magnesium may support sleep in older adults.

**Shift workers:** One meta-analysis suggests that dietary supplements may help improve sleep quality in shift workers who have sleep disruptions, such as those who work overnight. It's important to note that because of the wide range of supplements available and limited number of studies on each, more research is needed to understand which supplements are best for shift workers.

**People with certain medical conditions:** Some medical conditions like Parkinson's disease can disrupt sleep and supplements like melatonin may help. Sleep aids may worsen symptoms of some conditions, so always check with your doctor to make sure sleep aids are a safe choice for you.

**People taking certain medications:** Some medications like beta-blockers are known to disrupt sleep. In these cases, sleep aids may be helpful, especially if other lifestyle choices like regularly exercising and managing stress aren't enough.

**People with jetlag:** Sleep aids such as melatonin may help regulate your circadian rhythm after travel across time zones.

### Who May Not Benefit from Natural Sleep Aids

**Pregnant or breastfeeding people:** Most sleep aids are not studied in pregnant or breastfeeding people, so both safety and efficacy are unknown. Because drowsiness or inability to focus is a common side effect of sleep aids, it's not recommended for anyone caring for a baby or small children. That said, one small study of postpartum women (breastfeeding is not specified) suggested chamomile tea may be helpful in improving quality of sleep, and herbal tea

is considered safe for pregnant and breastfeeding people.

People taking certain medications or supplements: Sleep supplements may interact with some medications and other supplements. Be sure to evaluate a supplement you're considering with your healthcare provider to determine its safety for you.

People with certain medical conditions: Sleep aids may worsen the symptoms of some medical conditions, so always check with your healthcare provider before starting a supplement.

Young Children: The safety of natural sleep aids is not well studied in young children, and is not recommended.

## Reference

[SPSS for Research Methods: A Basic Guide](#)

[Statistical Methods in Medical Research](#)