

Complementary Informations - NAP

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Passionflower:

[Effect of a medicinal plant\(*Passiflora incarnata* L.\) on sleep - Sleep Science](#)

- “Shortening of sleep latency and increasing in the amount of SWS produced by the extracts of *Passiflora incarnata* suggest that this plant possesses adequate properties to be considered as a sleep inducer. These characteristics could be profited in the treatment of insomniac patients complaining about problems related to sleep onset.”

[Chronic oral administration of *Passiflora incarnata* extract has no abnormal effects on metabolic and behavioral parameters in mice, except to induce sleep - Laboratory Animal Research](#)

- “These results indicate that PI treatment was effective in increasing GABAergic neuron activity and blood melatonin... No increase in appetite or increase in body weight was observed, and any body compositions were not changed; only sleeping was changed. Since there have been reports of behavioral abnormalities and metabolic changes that may be caused by the repeated use of diverse prescribing sleeping pills, we tried to find out whether the repeated administration of PI extract may cause such problems in the animal models. Taken together, we did not find any side effects of abnormal metabolic phenotypes or behaviors, such as hyperphagia or unexpected metabolic changes by repeated administration of PI extract to mice for 5 days (Additional file 2). We confirmed the use of PI extract showed only sleep-inducing effects, at least in animal models, without causing any adverse behavioral or metabolic disorders through this study.”

[A double-blind, placebo controlled investigation of the effects of *Passiflora incarnata* \(passionflower\) herbal tea on subjective sleep quality Pubmed](#)

- “These initial findings suggest that the consumption of a low dose of *Passiflora incarnata*, in the form of tea, yields short-term subjective sleep benefits for healthy adults with mild fluctuations in sleep quality.”

[Benefits of passionflower for anxiety and insomnia - MedicalNewsToday](#)

- Some evidence indicates that passion flower helps people sleep. from 2017 in mice suggests that *P. incarnata* can have a positive effect on sleep patterns.

[Effects of *Passiflora incarnata* Linnaeus on polysomnographic sleep parameters in subjects with insomnia disorder: a double-blind randomized placebo-controlled study - International Clinical Psychopharmacology](#)

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- “The current study is the first study to demonstrate positive effects of Passionflower on the polysomnographic sleep parameters in patients with insomnia disorder”
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Honey:

Effect of Honey on Nocturnal Cough and Sleep Quality: A Double-blind, Randomized, [Placebo-Controlled Study](#)

- “Honey may be a preferable treatment for cough and sleep difficulty associated with childhood URI”
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Chamomile:

Griffin, R. Morgan. “Chamomile Health Benefits & Uses.” *WebMD*, 21 Apr. 2023, www.webmd.com/diet/supplement-guide-chamomile.

- “Chamomile is also used as a mild sedative to improve sleep. You can try chamomile tea and other products to help with issues such as difficulty falling or staying asleep (insomnia), stress, anxiety, and depression.”

Abdullahzadeh, Mehrdad, et al. “Investigation Effect of Oral Chamomilla on Sleep Quality in Elderly People in Isfahan: A Randomized Control Trial.” *Journal of Education and Health Promotion*, vol. 6, 5 June 2017, https://doi.org/10.4103/jehp.jehp_109_15.

- “Oral administration of chamomile extract has sedative properties in sleep quality of hospitalized elderly patients in nursing homes. Therefore, it can be used in similar cases and nursing care.”

Therapeutic **efficacy and safety of chamomile** for state anxiety, generalized anxiety disorder, insomnia, and **sleep quality**: A systematic review and meta-analysis of randomized trials and quasi-randomized trials - [Wiley](#)

- “Chamomile appears to be efficacious and safe for sleep quality and GAD.”
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Magnesium:

The effect of **magnesium supplementation** on primary insomnia in elderly: A double-blind placebo-controlled clinical trial - [PubMed](#)

- “Supplementation of magnesium appears to improve subjective measures of insomnia such as ISI score, sleep efficiency, sleep time and sleep onset latency, early morning awakening, and likewise, insomnia objective measures such as concentration of serum renin, melatonin, and serum cortisol, in elderly people.”