

Comparative Effectiveness Chart for

Insomnia

Effectiveness Rating: LIKELY EFFECTIVE	
Therapy	Specific therapeutic Use
Melatonin	Circadian rhythm sleep disorders
Melatonin	Delayed sleep phase syndrome (DSPS)
Melatonin	Sleep-wake cycle disturbances
Effectiveness Rating: POSSIBLY EFFECTIVE	
Therapy	Specific therapeutic Use
Acupuncture	Insomnia
Lemon Balm	Insomnia
Light Therapy	Sleep-wake cycle disturbances
Melatonin	Insomnia
Motherwort	Sleep
Music therapy	Insomnia
Tyrosine	Sleep deprivation
Valerian	Insomnia
Effectiveness Rating: POSSIBLY INEFFECTIVE	
Therapy	Specific therapeutic Use
German Chamomile	Insomnia
Vitamin B12	Circadian rhythm sleep disorders
Effectiveness Rating: INSUFFICIENT RELIABLE EVIDENCE to RATE	
Therapy	Specific therapeutic Use
5-HTP	Insomnia
Acupressure	Sleep apnea
Acupressure	Sleep quality
Acupuncture	Sleep apnea
Aromatherapy	Insomnia
Autogenic Training	Insomnia
Calea Zacatechichi	Sleep
Cannabidiol	Insomnia
Homeopathy	Insomnia
Hops	Insomnia
Hydrotherapy	Sleep quality
Hypnotherapy	Insomnia
Indian Snakeroot	Insomnia
Kava	Insomnia
Lavender	Insomnia
L-Tryptophan	Insomnia
L-Tryptophan	Sleep apnea
Magnet Therapy	Insomnia
Magnet Therapy	Sleep apnea
Meditation	Sleep-wake cycle disturbances
Melatonin	Beta-blocker-induced insomnia
Melatonin	Rapid eye movement sleep behavior disorder (RBD)
Moxibustion	Insomnia
Passionflower	Insomnia
Progressive Muscular Relaxation	Insomnia
Sour Cherry	Insomnia
Tai Chi	Insomnia
Taurine	Sleep deprivation
Yoga	Insomnia

