Menopausal Women’s Uncomfortable Breathing, Coughing and Snoring during Usual Sleep Habit, Effect of Valerian and Starch: a Randomized Placebo- Controlled Clinical Trial

S. Taavoni, N. Nazem Ekbatani, H. Haghani

Menopause women commonly experience disturbed sleep with nearly 50 percent, which may cause by uncomfortable breathing, coughing and snoring during usual sleeping habit. These problems have negative effect on quality of life and must be prevented.

Objective: To evaluate effects of nightly valerian extract on uncomfortable breathing, coughing and snoring during usual sleep habit in 50-60 years old menopause women with insomnia.

Methods: This is a randomized, triple- blind, controlled trial study. From 250 women with age 50- 60, whom had been visited in health clinics of Tehran University of Medical Sciences in West of Tehran, 100 volunteers experiencing insomnia according to their self-reported symptoms after signing informed consent were recruited for this study (Year 2010-2011). Two surveys were used in this study. The first was a demographics collection questionnaire of 11 items. The second was the Pittsburg sleep quality index (PSQI). Samples randomly divided to two groups. Each group received 530 mg of concentrated valerian extract (Capsule A) or 50 mg starches as placebo (Capsule B) orally two times a day for 4 weeks.

Results: A statistically significant change was reported in the quality of sleep of the intervention group in comparison with the placebo group (P< 0.001). In comparison with past month Valerian was helpful for trouble sleeping because of uncomfortable breathing (P< 0.000), coughing and snoring loudly (P< 0.000), since Starch had significant effect too (P< 0.000) (P< 0.001), and there were no difference between Valerian and using starch capsules as Placebo.

Conclusions: Findings from this study add support to the reported effectiveness of valerian, also starch on clinical management of uncomfortable breathing, coughing and snoring loudly, which disturbed usual sleeping habits, since there was just significant effect of valerian on menopause women’s insomnia.

Acknowledgments:
The authors would like to thank Research chancellor of Tehran University of Medical Science for grants of this work. (2009-2011)