Uncomfortable breathing, coughing and snoring, cause sleep disturbance in menopause and effect on quality of life. There are various non pharmaceutical methods for its management and some studies showed lemon balm may effect but no study had done in Iran.

Objective: To assess effects of lemon Balm on uncomfortable breathing, coughing and snoring during usual sleep in menopause.

Methods: In this triple- blind randomized controlled trial, 100 Volunteer healthy 50-60 years menopause women with Insomnia, whom had been visited in health clinics in West of Tehran (Year 2011-2012) after feeling in informed consent participated. The questioner had two main parts of personal characteristics and component 5 (10 questions) of Pittsburg Sleep Quality Index (PSQI). Samples randomly divided to two groups of receiving 250 mg of Lemon Balm or 50 mg Starch as placebo orally two times a day for 4 weeks. Descriptive and inferential statistics were used (SPSS 16).

Results: Equality of Personal Characteristics was checked before intervention in two groups. Lemon Balm had significant effect on score of having sleep problems (P< 0.005). In comparison with past month also with Placebo, lemon balm was helpful for trouble sleeping because of uncomfortable breathing (P< 0.05), since Starch had significant effect on uncomfortable breathing too and coughing and snoring (P< 0.05), but no effect on PSQI.

Conclusions: Findings from this study add support to effectiveness of lemon Balm on clinical management of sleep and breathing problem. Like previous study of our research group, in this study there was significant effect of Starch, on uncomfortable breathing and coughing and snoring. We recommend that medical staff consider these safe positive effects.

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