

## Original Paper

# Effect of Sedamin capsule on sleep disorder among menopausal women

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## Abstract

**Background and Objective:** Sleep disturbance is considered to be one of the most common problems in menopausal women. Herbal supplements are being used as herbal supplemental medication to solve the problem. The aim of this study was to determine the effect of Sedamin capsule on sleep disorder among menopausal women.

**Materials and Methods:** This randomized controlled trial study was done on 100 Menopausal women aged 50-60 with sleep disorder. Women randomly divided into intervention and control groups. Subjects intervention group were received Sedamin capsule (530 mg Valerian root) twice a day for 30 days. Women in control group were received capsule (50 mg of carbohydrate) twice a day for 30 days. Demographic data form and Pittsburg sleep quality index was instrumented for the evaluation of disorder. Data analyzed with using independent T and ANOVA tests.

**Results:** Mean score of sleep disorder peior and after intervention was  $9.8 \pm 3.6$  and  $6.02 \pm 2.6$  ( $P < 0.05$ ) in interventional group and  $11.14 \pm 4$  and  $9.4 \pm 3.9$  in controls, respectively. Also, 40% of the participants in the intervention group and 12% in the control group showed an improvement in the quality of sleep ( $P < 0.05$ ).

**Conclusion:** This study showed that consumption of Sedamin capsule improves the quality of sleep in menopausal women with sleep disorder.

**Keywords:** Sleep disorder, Menopause, Valerian, Sedamin capsule, Women

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