

## Natural Medicines in the Clinical Management of Insomnia

| Recommendation Chart for Natural Medicines Used for Insomnia * |  |   |                       |                                     |               |        |
|--|--|---|-----------------------|-------------------------------------|---------------|--------|
| Safety \ Effective   | Likely Safe  | Possibly Safe   | Insufficient Evidence | Possibly Unsafe                     | Likely Unsafe | Unsafe |
| Effective  |  |   |                       |                                     |               |        |
| Likely Effective   | - St. John's wort<br>(depression related insomnia)                     |   |                       |                                     |               |        |
| Possibly Effective   | - Coenzyme Q-10<br>(CHF-related insomnia)<br>- Melatonin<br>- Valerian |   |                       |                                     |               |        |
| Insufficient Evidence  | - Sour cherry  | - German chamomile<br>- Hops<br>- Lavender<br>- Lemon balm<br>- Passionflower | - Skullcap            | - 5-HTP<br>- Kava<br>- L-tryptophan |               |        |
| Possibly Ineffective   |  |   |                       |                                     |               |        |
| Likely Ineffective   |  |   |                       |                                     |               |        |
| Ineffective  |  |   |                       |                                     |               |        |

| KEY:                                  |
|---------------------------------------|
| Consider recommending this product.   |
| Don't recommend using this product.   |
| Recommend against using this product. |

\* These proposed recommendations are based solely on the Safety and Effectiveness Ratings contained in *Natural Medicines Comprehensive Database*. This assumes use of high-quality, uncontaminated products and the use of typical doses. Keep in mind that some products are never appropriate for some patients due to concomitant disease states, potential drug interactions, or other clinical factors. Use your clinical judgment before recommending any product.