

New study shows nighttime sleep-aid helps people experiencing occasional sleeplessness

June 14 2016

New research shows that an over-the-counter sleep aid helps people suffering from occasional sleep difficulties fall asleep in less than 20 minutes, on average, and improves their reported quality of sleep. The study is the first-of-its-kind to characterize the sleep benefits of diphenhydramine HCl (DPH), marketed for decades as a sleep-aid. This new study demonstrates (via both objective and subjective measures) that the liquid product ZzzQuil, helped people with occasional sleeplessness achieve significantly better sleep on nights they used the medicine.

The study was presented today at SLEEP 2016, a joint annual meeting of the American Academy of Sleep Medicine and the Sleep Research Society, from June 11 - 15, 2016 in Denver. Thomas Roth, Ph.D., director of the Sleep Disorders and Research Center at Henry Ford Hospital in Detroit, was one of the study's lead investigators.

The findings from this study answer two important questions for people considering taking a non-prescription [sleep](#) aid. "Will it help me get to sleep faster and will I wake up feeling well rested and rejuvenated?," said Dr. Roth. "This study demonstrates that diphenhydramine HCl can provide benefit to people who sometimes need help getting a good night's sleep."

According to the Centers for Disease Control and Prevention (CDC), more than one-quarter of the U.S. population report occasionally not getting enough sleep while nearly 10 percent experience chronic

insomnia. Occasional sleeplessness is more prevalent in women than men.

The four-to-six week double-blind, placebo-controlled study analyzed the impact of DPH versus placebo on sleep in 33 people who suffer from occasional sleeplessness. Occasional sleeplessness is defined as those who reported two or more nights of trouble falling asleep (≥ 30 minutes). The sleep assessment was conducted in-home, and used three sleep instruments (two objective, one subjective) to assess the efficacy of diphenhydramine HCl 50 mg.

Study participants were ethnically diverse and in their 40's, on average.

In the study, DPH was found to improve several measures of sleep. Key findings include:

- For the primary endpoint, sleep sufferers fell asleep, on average, 8 minutes faster than placebo (p

Citation: New study shows nighttime sleep-aid helps people experiencing occasional sleeplessness (2016, June 14) retrieved 12 September 2024 from <https://medicalxpress.com/news/2016-06-nighttime-sleep-aid-people-experiencing-occasional.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.