

# The Effect of Valerian on Insomnia in Menopausal Women

NCT05185219

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	China Medical University Hospital
<b>Enrollment</b>	100 participants

## Key Eligibility Criteria

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### Inclusion (3)

- 60years old, and is menopausal for at least 1 year
- meet the criteria of ICSD-3 for insomnia
- PSQI  $\geq$  5

### Exclusion (5)

- psychiatry disease
- Heart, brain, liver diseases
- Insomnia is caused by diseases.
- Steroid used within 6 months
- pregnant or breastfeeding

## Locations (1 total)

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China Medical University, Taichung, Taiwan