



Could a herbal treatment help you sleep?

Do you find it difficult to get to sleep at night or wake up through the night? Do you experience poor sleep quality? Are you always tired during the day? These are the exhausting symptoms of insomnia, experienced by one third of Australians, which can affect not only sleep, but also your physical health, mental health, and daily performance.

Researchers at NICM Health Research Institute, Western Sydney University are seeking participants in a study that will assess the effectiveness of a Chinese herbal treatment for insomnia and associated symptoms.

Who can join?

- Men and women aged 18 years and over.
- Experience difficulty sleeping at least three times a week and for at least three months.
- Are willing to abstain from any other insomnia treatment for six weeks.
- Are able to read and understand English.
- Are not pregnant or breast-feeding.

This clinical trial has been approved by the Western Sydney University Human Research Ethics Committee (Approval Number H12990).

Photo by Alexandra Gorn on Unsplash



What's involved?

After assessment, participants will be asked over the 9-week study to:

- Attend three video calls via Zoom.
- Participate in two phone interviews.
- Take three capsules each evening for five weeks.
- Record sleep performance every day for seven weeks.
- Wear an actigraph (a wrist-worn bracelet that can detect activity) for seven weeks.
- If needed: wear an oximeter (a finger probe that can detect oxygen levels), and/or undergo three blood tests (at no cost).

Join us and help advance the science on the herbal treatment for insomnia!

**For more information, please contact
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