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Basel

Research Project

Feasibility study on the use of Ze 91019 on day-time cognition and quality of life in people with occasional sleep problems

Third-party funded project

Project title Feasibility study on the use of Ze 91019 on day-time cognition and quality of life in people with occasional sleep problems

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Departement Biozentrum / Life Sciences Training Facility (Papassotiropoulos)

Departement Psychologie / Molecular Neuroscience (Papassotiropoulos)

Department

Departement Psychologie

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Status Completed

It is well known that cognitive performance and quality of life can be impaired after nights of little or no sleep (Hudson, 2020) (Roth, 2007). Therefore, people with occasional sleep problems, i.e. with 1-2 nights per week with impaired sleep, can suffer from impaired cognition the following day. Moreover, occasional sleep problems may lead to reduced overall quality of life (Buysse, 2007).

Many people with insomnia do not wish to use conventional hypnotic drugs because of concerns about side effects and the risks of tolerance and dependence, and others do not want to spend the time and efforts required with behavioral therapies (Vincent, 2001). Thus, there is an increasing interest in the use of complementary and alternative medicines, such as herbal and dietary supplements, partly because of their natural properties and perceived relative absence of residual effects. Valerian and hop have both been an integral part of traditional medicine for Centuries.

Pharmacological and clinical studies are available demonstrating the applicability of Redormin 500, a 45% methanolic extract from valerian root and from hop strobiles, in sleep disorders (Abourashed, 2004), (Dimpfel, 2006), (Morin, 2005), (Koetter, 2007). Not only could the effect be visualized through EEG measurements, but also new ideas regarding the mechanism of action were brought forth (Koetter, 2007)).

Currently an agonistic effect on central adenosine receptors, and thus a counteracting effect on caffeine induced sleeplessness through the lignans in hydrophilic valerian root extracts is discussed as a potential mechanism of action for valerian root extract (Schumacher, 2002).

The studies available mainly focused on the improvement of sleep quality rather than on improvements of cognitive performance and day performance. Therefore, the aim of this feasibility study is to determine the effect of Redormin 500 on day-time cognition and quality of life in people with occasional sleep problems.

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Private Sector / Industry

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