

# Examine Personalized Preview

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# Gut Health



*Did you know ...The number of genes in all the microbes of your microbiome is 200 times the number of genes in the human genome. Your microbiota may weigh as much as five pounds.*

## Prebiotics for the management of lactose intolerance [↗](#)

**Background:** Avoiding dairy products because of lactose intolerance may lead to calcium deficiency (and maybe to vitamin D deficiency, too, since milk is often fortified with vitamin D). Accumulating evidence suggests that strategies to alter the gut microbiome — with prebiotics, for instance — can improve the digestion of lactose.

**The study:** For this 30-day randomized controlled trial, 377 people with lactose intolerance were divided into three groups: low-dose prebiotic, high-dose prebiotic, or placebo. The low-dose group took 5 grams twice daily on days 1–10, then 7.5 grams twice daily on days 11–30. The high-dose group took 7.5 grams twice daily on days 1–10, then 10 grams twice daily on days 11–30. The prebiotic was an ultra-purified, high-concentration galacto-oligosaccharide (RP-G28).

**The results:** Prebiotic supplementation for 30 days reduced symptoms of lactose intolerance, improved the fecal microbiome, increased dairy consumption, and was well tolerated. The high dose and low dose had similar effects.

**Note:** Two-thirds of the participants were of non-white ethnicities. It is an important consideration because individuals from non-white ethnicities often exhibit some degree of lactose intolerance. Up to 70% of the global population are affected, so therapeutic options for symptom relief are incredibly important to public health.

The results of this study are promising but not without limitations. Prior to the publication of this paper, a [press release](#) on this very trial reported that the prebiotic was no different than placebo in relieving symptoms. After removing the data from a study site that was not following the trial design, the results favored the prebiotic, and the findings were published. However, the placebo effect in this trial is notable, with 73% of placebo participants reporting adequate relief, compared to 83% of prebiotic participants.

## High doses of probiotics were well tolerated [↗](#)

**Background:** Many probiotic supplements contain 1 to 10 billion *colony-forming units* (CFUs) per dose. High doses have shown to be more effective in treating digestive issues, but tolerance is unclear.

**The study:** Each day of this 28-day randomized controlled trial, 69 healthy adults had to take either a placebo or a multi-strain probiotic with either 5 or 25 billion CFUs.

**The results:** Both the low and high doses of probiotics were well tolerated, so now the researchers plan to test high doses in a different population: individuals with dysbiosis associated with metabolic disorders or obesity.

**Note:** Gut-microbiome research is in its infancy, which makes it an exciting (if not yet fully understood) area of science. One complicating factor is the difficulty in clearly defining a “normal” or “healthy” microbiome.

While dysbiosis (an imbalance in gut microflora) is often characterized by a decrease in bacterial diversity and a flourishing of “bad” bacteria, the exact composition of a healthy gut microbiome varies from person to person. One person’s healthy gut microbiome might cause issues for someone else.

It is even possible for the same gut bacterium to do completely different jobs in two different people. This is crucial, as *what* gut bacteria metabolize and produce may be **more important** to human health than *which* bacteria do the job.

## Specific probiotic strains can alleviate IBS [↗](#)

**Background:** Probiotics have yielded inconsistent results. An individual's response to probiotics depends on the strains and doses used, but also on the individual's health condition — notably if he or she has *irritable bowel syndrome* (IBS).

**The study:** This randomized controlled trial included 251 adults with IBS symptoms (constipation, diarrhea, or a combination). It evaluated the effects of a combination of two probiotic strains (*L. paracasei* and *B. longum*) on IBS severity.

**The results:** After 8 weeks of supplementation with *L. paracasei* and *B. longum*, IBS severity decreased (stool frequency and subjective quality of life improved).

**Note:** Despite affecting up to 20% of the general population, IBS is not fully understood, and the root cause varies from person to person (dietary allergies, intestinal permeability, impaired brain-gut interactions ...).

The idea that the gut microbiome might be involved in IBS pathology stemmed from observations of IBS occurring after certain acute GI infections. Moreover, when compared to healthy controls, the microbiome of IBS patients often shows reductions in beneficial bacteria. Thus, probiotics may benefit certain IBS patients, a hypothesis this study and a recent [meta-analysis](#) support.

## Probiotics improve weight loss and cardiometabolic risk factors in overweight women [↗](#)

**Background:** Some probiotic combinations show promise for improving markers of metabolic syndrome, although it's not clear what the best combinations of species and strains are.

**The study:** In an 8-week randomized controlled trial, 70 overweight or obese women were divided into two groups. Both groups were fed a low-calorie, high-protein diet for the purpose of weight loss. One group received 50 grams of probiotic yogurt; the other served as control.

**The results:** The yogurt group saw reductions in LDL cholesterol, triglycerides, systolic blood pressure, body fat mass, waist circumference, and BMI.

## More than a gut feeling: Bacterial solutions for IBS [↗](#)

**Background:** *Irritable bowel syndrome* (IBS) is a common gastrointestinal disorder characterized by abdominal discomfort and/or a change in bowel movements. While a variety of triggers have been identified (including infection, stress, and a change in diet), the root cause of IBS remains largely unknown, and there is no cure for this disorder. Recent research has connected IBS to disruptions in the gut microbiome, opening up a new line of potential therapies.

**The study:** This was a meta-analysis of 33 randomized clinical trials evaluating the effects of prebiotics, probiotics, and synbiotics on IBS in 4,321 adults.

**The results:** Overall, probiotics and synbiotics were found to alleviate IBS. Products containing *Lactobacillus* reduced abdominal pain and flatulence, while products containing *Bifidobacterium* alleviated general symptoms and feelings of urgency. The results varied across studies, however, which highlights the need for additional research to better determine which bacterial strains and which IBS patients are best suited for treatment.

## A yogurt a day to keep stomach bugs at bay [↗](#)

**Background:** Lactoferrin is an iron-binding glycoprotein found in milk products. It is known for its ability to boost the body's defenses against gastrointestinal viral infections. Nursery-school children frequently suffer from stomach viruses, but there is not enough evidence to support the use of lactoferrin for reducing the incidence and severity of gastroenteritis in children.

**The study:** This was a 15-week prospective study of nursery-school children aged 3–6 randomized to consume either fruit jelly (584 children) or 100 mg of lactoferrin-containing yogurt (578 children) for up to five days per week. The number of school days missed due to gastrointestinal issues were calculated for each child based on reports from the parents.

**The results:** After controlling for sex, age, and hand-washing habits (which had a strong link to reduced rates of illness), the consumption of lactoferrin-containing yogurt for three or more days per week was determined to be associated with a lower number of absences due to vomiting. No benefit was observed for absences related to diarrhea or gastroenteritis.

**Note:** This study was funded by the company that produced the yogurt used in the study.

## Brown rice is better than white rice for alleviating constipation [↗](#)

**Background:** Certain grains are recommended for constipation relief due to their fiber content. This study compared the effects of different grains, brown rice, white rice, and wheat on alleviating functional constipation in young women.

**The study:** In this trial, 39 participants were randomly assigned to a brown rice-based diet, white rice-based diet, or wheat-based diet for four weeks. Researchers evaluated bowel movement frequency at the end of the trial compared to baseline.

**The results:** Brown rice and wheat-based diets improved bowel movements more significantly than white rice-based diets in young women with functional constipation.

## IBD: Interventions to Beat Disease? [↗](#)

**Background:** *Inflammatory bowel diseases* (IBDs) affect millions of people worldwide. Given that the exact causes are unknown and appear to vary between individuals, IBD has no generalized cure. More research is needed to discern which therapies effectively and safely alleviate discomfort.

**The study:** This was a literature review of over 30 studies on the effects of probiotics, polyphenols, fiber, fatty acids, and a low-FODMAP diet on IBD symptoms and management.

**The results:** Based on the included studies, an increased intake (through foods or supplements) of probiotics, polyphenols (specifically quercetin, curcumin, and resveratrol), fiber (including fructans, psyllium, barley, and oat bran), and fatty acids (most often omega-3 fatty acids) had a positive impact on IBD symptoms, with some patients achieving disease remission. There was also compelling evidence for the benefit of a low-FODMAP diet for certain IBD patients.

**Note:** Responses for all interventions varied across individuals, and more research is needed to better tailor these potentially powerful interventions to IBD patients.

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# Healthy Aging & Longevity



*Did you know ... Caloric restriction can reduce the risk of diabetes and heart disease. It can also extend the lifespans of flies and rodents, but we're not sure about primates.*

## An ashwagandha extract increased testosterone in older men [📄](#)

**Background:** Ashwagandha is an herb used in Ayurveda, the traditional medicine of India. Limited research suggests that its health benefits include reduced anxiety and stress, enhanced strength and exercise performance, improved glucose metabolism, and raised testosterone levels.

**The study:** Each day of this 16-week randomized controlled trial, 57 men took either an ashwagandha extract or a placebo. The effects on fatigue, vigor, and steroid hormones were investigated.

**The results:** Ashwagandha was associated with a 14.7% greater increase in testosterone and 18% greater increase in DHEA-S. There were no significant differences between groups in cortisol, estradiol, fatigue, vigor, and sexual well-being.

**Note:** This study adds to the growing body of research on ashwagandha supplementation for men's health, with an overall minor, but consistent trend for favorable outcomes. Examples include a [meta-analysis](#) reporting an increase in sperm concentration, volume, and motility following ashwagandha supplementation in infertile men; a [randomized controlled trial](#) where untrained men taking ashwagandha saw improvements in recovery, muscle size, and serum testosterone levels; and a [randomized controlled trial](#) in which men taking ashwagandha experienced reductions in anxiety along with a corresponding drop in cortisol levels. For more details, check out the Examine.com pages for [testosterone](#) and [ashwagandha](#)!



## Vitamin K<sub>2</sub> for bone health in older adults [↗](#)

**Background:** Previous studies have suggested that supplementation with vitamin K<sub>2</sub> could protect bone health and reduce fracture risk in older adults. This new study was designed not only to confirm this benefit but also to compare two different K<sub>2</sub> doses and explore the desirability of combining K<sub>2</sub> with calcium and vitamin C.

**The study:** In this 1-year randomized controlled trial, 311 people aged 50–75 were divided into four groups, each of which took one of the following daily: 50 mcg of K<sub>2</sub>, 90 mcg of K<sub>2</sub>, 90 mcg of K<sub>2</sub> with vitamin D<sub>3</sub> (10 mcg) and calcium (500 mg), or a placebo.

**The results:** Supplementing with 90 mcg of vitamin K<sub>2</sub> reduced bone loss in postmenopausal women, but had little effects in men. Even though calcium and vitamin D<sub>3</sub> are known for supporting bone health, their addition to 90 mcg of vitamin K<sub>2</sub> had only marginal benefits.

## Reviewing 17 trials on creatine supplementation for health improvements in older adults [↗](#)

**Background:** Extensive research shows that athletes supplementing creatine experience improved muscular hypertrophy, strength, power, and endurance when supplementation is combined with an exercise program. Relatively less research has been conducted on creatine effects in older adults.

**The study:** This systematic review of 17 randomized controlled trials was designed to evaluate the effect of creatine supplementation alongside exercise on physical health in older adults, compared to exercise alone.

**The results:** Continuous and daily low-dose creatine supplementation combined with at least 12 weeks of resistance training resulted in additive benefits for physical health in older adults, compared to exercise alone.

## Vitamin K<sub>2</sub> does not reduce fall risk in the elderly ☑

**Background:** The elderly have impaired muscular function and bone health. For them, falls are a significant cause of injury and death. Vitamin K is an essential nutrient for coordination, bone health, and anti-inflammation, so this study was designed to determine the effects of vitamin K supplementation on fall risk.

**The study:** Each day of this 1-year randomized controlled trial, 95 elderly people with a history of falls took 200 mcg of vitamin K<sub>2</sub>, 400 mcg of vitamin K<sub>2</sub>, or a placebo. Study measurements included balance, performance on a standing stability test, fall frequency, and quality of life.

**The results:** No significant difference was observed between the placebo, 200 mcg, and 400 mcg groups after one year. In fact, the rate of overall injury was *slightly* higher in the 200 mcg group, which had higher rates of falls and digestive issues.

## Whey protein slightly reduces arterial stiffness in the elderly ☑

**Background:** Blood vessels become stiffer with age, which can lead to a number of health issues, including hypertension, heart failure, kidney dysfunction, stroke, and reduced cognitive function. Whey protein has a positive effect on blood pressure and general blood-vessel function, so supplementation may slow the onset of these related conditions.

**The study:** Each day of this 12-week randomized controlled trial, 99 elderly people took 50 grams of whey protein isolate or 50 grams of a carbohydrate control. They underwent a variety of tests used to measure arterial stiffness, blood pressure, blood flow in the brain, and cognitive function.

**The results:** The participants supplementing with whey protein isolate experienced a modest improvement in arterial stiffness and cardiovascular function, but not in blood flow in the brain or cognitive function.

## Meeting dementia mindfully [↗](#)

**Background:** Dementia is a broad term for various conditions involving severe cognitive and emotional impairments caused by physical changes in the brain. Care for people with dementia is complex, and finding effective treatments without negative side effects is difficult. Mindfulness-based interventions are a promising non-pharmaceutical treatment for dementia.

**The study:** This was a meta-analysis of 9 studies (271 people with dementia; 27 caregivers) using mindfulness-based interventions such as meditation, yoga, and mindfulness breathing to reduce symptoms of depression, anxiety, and stress and improve quality of life in people with dementia or their caregivers.

**The results:** Mindfulness-based therapies consistently reduced depressive symptoms in dementia patients and caregivers across the included studies. However, measurements of anxiety, stress, and quality of life were not significantly reduced.

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# Muscle Gain & Exercise



*Did you know ...The immune system plays a role in muscle repair after a workout. During a tough training session, muscles accumulate tiny tears that cause inflammation. By moving into the damaged tissues, immune cells play an early role in repair and growth.*

## Can you juice with beetroot? [↗](#)

**Background:** Nitrates are present in high amounts in a few different foods, notably beetroot. They break down into nitrites, which circulate in the body and are turned into *nitric oxide* (NO) as needed. Elevated NO levels during exercise provide a variety of benefits.

**The study:** For this randomized controlled trial, 11 resistance-trained men were given beetroot juice or a control (blackcurrant juice). Two hours later, each of them performed a bench press and was assessed on speed, power, and number of reps before failure. After 72 hours, the participants were switched (those who got the beetroot juice got the blackcurrant juice, and vice versa) and the same test was performed again.

**The results:** After taking beetroot juice, the participants were able to generate more speed and power on the bench press, and to perform more reps before failing.

## Bovine colostrum has little benefit for athlete immune systems [↗](#)

**Background:** Colostrum, the thick nutrient-rich first milk produced by breastfeeding mothers, contains high levels of immuno-protective antibodies, which help fight infection. This study evaluated the effects of colostrum from bovine animals on markers of infection in athletes.

**The study:** This systematic review and meta-analysis involving 239 participants analyzed the data from 10 randomized controlled trials investigating the effects of bovine colostrum supplementation in athletes and physically active adults.

**The results:** Athletes and physically active adults supplementing bovine colostrum experienced little to no effect on immuno-protective antibody concentrations, suggesting that it provides little benefit for fighting infection.

## Yeast beta-glucans reduce exercise-induced inflammation [↗](#)

**Background:** Beta-glucans are a class of fibrous carbohydrate, and yeast beta-glucans specifically serve as a structural component of yeast cell walls. There is evidence to suggest that yeast beta-glucans have an immune-modulating effect and can mediate processes such as inflammation. In this study, researchers sought to investigate whether yeast beta-glucans can reduce exercise-induced inflammation.

**The study:** For this crossover trial, 31 participants took either yeast beta-glucan or a placebo for 13 days. On the 11<sup>th</sup> day, they performed a strenuous treadmill workout in a hot, humid environment, and researchers measured indicators of inflammation. After a 14-day washout period, the participants received the other treatment and measurements were taken again.

**The results:** Yeast beta-glucan supplementation for 11 days before and 2 days after intense exercise reduced indicators of inflammation significantly, especially 3 days after exercise.

## Time to get strong: Eating after a resistance workout reduces muscle breakdown [↗](#)

**Background:** Resistance training is immediately followed by muscle breakdown. There is evidence to suggest that a meal can help reduce this breakdown and thereby promote muscle growth. The ideal timing of this meal, however, is not well established.

**The study:** For this crossover trial, 8 healthy young men were divided into three groups. All three groups performed a full-body strength workout in the morning. One group ate a meal 1.5 hours before, another just after, and the last waited for lunchtime. This happened three times, with three days in between, and each time the men switched to a different group. Thus, at the end of the trial, they had all tried all three meal times. Blood insulin and certain modified amino acids were measured as indicators of muscle breakdown.

**The results:** Eating a [protein-rich](#), mixed-nutrient meal immediately after resistance training, rather than 1.5 hours before or not until lunchtime, resulted in the greatest suppression of muscle protein breakdown. Whether or not this correlates with improvements in muscle growth and recovery is not clear.

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# Sleep



*Did you know ... Only around 3% of humans feel more refreshed with 6–7 hours of sleep than 8–9 hours of sleep.*

## Don't forget sleep [↗](#)

**Background:** Alzheimer's disease is a neurodegenerative disorder affecting several areas of the brain. It is associated with disturbed sleep patterns, which negatively impact the lives of both patients and caregivers. There is evidence suggesting that **melatonin**, a well-known sleep aid, may help people with Alzheimer's disease by tapping into the “quieting” circuits of the brain, called GABAergic pathways. The aim of this study was to determine the effect of melatonin on the brain waves of people with Alzheimer's disease during sleep.

**The study:** This 3-day study included 8 participants with mild-to-moderate Alzheimer's disease. Each participant had a night of usual sleep, a night with melatonin, and a night with a placebo pill. Brain waves were recorded on all three nights.

**The results:** Sleep-promoting changes in brain waves were observed on the nights participants took melatonin. The participants spent less time in a wakeful state and experienced improved sleep quality. Despite the acute effects of Alzheimer's disease on brain tissue, GABAergic pathways appear to be preserved, so melatonin may improve sleep for people with Alzheimer's disease.

**Note:** Research in non-dementia geriatric patients has reported results similar to those found here, namely that melatonin administration shortens sleep onset latency (the time it takes to fall asleep).

Considering that dementia is characterized by widespread degeneration of brain tissue, it is remarkable that the patients' GABAergic pathways appeared untouched in this trial. However, it must be noted there was no control group, the sample size was small, and the patients had mild-to-moderate Alzheimer's disease.

## Can mindfulness-based stress reduction alleviate insomnia for cervical cancer patients? ☑

**Background:** Cervical cancer and the treatments it involves can take a toll on the mind and lead to stress, anxiety, and depression, which can lead to insomnia. Mindfulness, a commonly used technique for relaxation, could potentially benefit any of these conditions. The present study focused on insomnia.

**The study:** The 70 participants in this randomized controlled trial had cervical cancer and insomnia and had completed chemotherapy or radiation therapy. They were divided into two groups: one group participated in an 8-week mindfulness-based stress-reduction program; the control group received standard care.

**The results:** Self-recorded sleep time increased and insomnia severity score decreased in the mindfulness group. These improvements were greater at 6 months, and greater again at 12 months. Polysomnography suggested a nonsignificant improvement in sleep time, whereas actigraphy found improvements in sleep time but not in overall sleep efficiency (defined as the time spent asleep divided by the time spent in bed).

## Can a cherry extract improve sleep quality? ☑

**Background:** Cherries contain melatonin, which can be used as a sleep aid. This study was designed to test whether “Night Time Recharge”, a supplement that contains a cherry extract, improves sleep quality in young women.

**The study:** In this 7-day randomized controlled trial, 20 active young women took “Night Time Recharge” or a placebo once per night. Accelerometers were used to measure night-time movement, and urine was tested for markers of melatonin synthesis.

**The results:** An analysis of “Night Time Recharge” found no melatonin, yet markers of melatonin synthesis significantly increased after supplementation. Additionally, the researchers observed an increase in dietary tryptophan (a biological precursor to melatonin). Sleep onset latency (the time it takes to fall asleep) was reduced, but no other markers of sleep activity or quality improved.



## Do I smell sleep? [↗](#)

**Background:** Maximizing sleep quality is paramount for the health of people with an irregular sleeping pattern, such as workers with long hours and changing shifts.

**The study:** This systematic review of 6 sleep-quality studies (on 788 shift-work nurses total) included a meta-analysis of the effect of aromatherapy.

**The results:** While the benefit was small, aromatherapy did improve the sleep quality of nurses and reduced fatigue, stress, and depression. More research is needed to determine which essential oil(s) is/are the most effective and whether or not other therapies (e.g., music therapy or massage therapy) may provide greater or additional benefit.

## Can melatonin help children and adolescents fall asleep faster? [↗](#)

**Background:** Melatonin has been studied over the years for its effects on sleep, and especially on sleep onset latency (i.e., the time it takes to fall asleep). The results look promising, but a meta-analysis could help better determine melatonin's efficacy.

**The study:** It was a meta-analysis of 7 randomized controlled trials that used melatonin to reduce sleep onset latency for children (6–12) and adolescents (13–18) with insomnia.

**The results:** The 7 trials all saw a consistent, clinically meaningful reduction in sleep onset latency. The trials were fairly small, and larger studies could have different results. The trials' risk of bias was generally low or moderate.

## Ashwagandha for sleep and quality of life in the elderly [↗](#)

**Background:** Research on ashwagandha has generally suggested a reduction in stress and anxiety, with some research also suggesting that it can improve sleep quality. Sleep quality is an issue for people of all ages, but a good night's sleep is especially challenging and important for the elderly.

**The study:** In a 12-week randomized controlled trial, 50 healthy elderly participants were divided into two groups: one group took 300 mg of an ashwagandha root extract twice daily; the other group took a placebo.

**The results:** The ashwagandha group saw modest improvements, greater than in the placebo group, in quality of life, mental alertness, and the psychological, physical, environmental domains. However, no improvements were seen in the social domain. Sleep quality also improved more in the ashwagandha group — nonsignificantly on one scale, significantly on the other.

## Blocking bedtime blues [↗](#)

**Background:** People with bipolar disorder often suffer from sleep disturbances, which have a negative effect on mood. Given the role blue light plays in regulating sleep-wake cycles, blue-blocking glasses may improve sleep in bipolar patients.

**The study:** For this 2-week randomized controlled trial, 43 bipolar patients with insomnia wore either blue-blocking glasses or placebo glasses from 8 p.m. to bedtime. Sleep quality and circadian rhythm patterns were measured at the start and end of the study.

**The results:** Although sleep quality did not appear to differ between groups, the group wearing blue-blocking glasses shifted to an earlier bedtime — an important finding, considering that later bedtimes are associated with increased depression among bipolar patients.

**Note:** Despite randomization, the group wearing blue-blocking glasses had a higher use of antidepressants (which are known to interfere with sleep quality in some people).

## Can a cognitive-behavioral treatment alleviate insomnia? [↗](#)

**Background:** Insomnia is common, especially during menopause. Sleep onset latency (the time it takes to fall asleep) can be decreased by cognitive-behavioral interventions, such as relaxation, going to sleep when sleepy, and not resting in your bed unless you mean to sleep.

**The study:** In a randomized controlled trial, 44 middle-aged women with low sleep quality were divided into two groups. Both groups received a counseling booklet. In addition, the treatment group attended one group session at the start of the trial, then four individual sessions weekly. Sleep was tested only twice: after one month and after one year.

**The results:** The treatment group had better overall sleep quality after one month and after one year, while depression and the insomnia severity index were nonsignificantly improved. Quality of life in menopause was worse in the control group at one month, but at one year the results were comparable.

## Can yoga help women sleep better? [↗](#)

**Background:** Yoga is a relaxing form of exercise involving a variety of poses and breathing exercises. By helping people relax, it could alleviate sleep problems, and much research has been conducted on this topic.

**The study:** This was a meta-analysis of 19 randomized controlled trials with adult women who had sleep problems. The studies all used two groups: one who underwent a yoga intervention and the other who didn't do any physical exercise. The primary outcome was sleep quality.

**The results:** Of the 19 trials, the 16 using the Pittsburgh Sleep Quality Index found a moderate benefit, but the 3 using the Insomnia Severity Index found no notable benefit. Only two studies used actigraphy to measure time spent asleep, and the results were inconclusive. Yoga's benefit was smaller for the following subgroups: women with breast cancer; peri-/postmenopausal women; participants in US trials; participants in trials with a lower risk for bias.

**Note:** Yoga was tested against nonactivity only; we don't know how it would fare against other types of physical activity, or other types of meditation.

## Does lavender oil improve the sleep quality of people undergoing palliative care? [↗](#)

**Background:** Insomnia during palliative care is common and further reduces quality of life. A modest amount of evidence supports the use of lavender to promote relaxation and sleep. This study sought to test [lavender](#) in palliative care for the first time.

**The study:** In a randomized controlled trial, 75 patients in palliative care inhaled the scent from 3 ml of lavender oil in 10 breaths before bed, and the bowl was placed 1 meter away overnight. This continued for 3 nights, while the control group received no intervention.

**The results:** Overall, the lavender patients had better sleep, greater sleep depth, and fewer awakenings. They also found it easier to fall asleep and return to sleep.

**Note:** Blinding was impossible, and the comfort of being tended to may have had a role in the reported benefits.

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We hope the sneak peek showed you how much information we analyze, and how much time we will save you.

**Ready to get started?**

**Get Started with Examine Personalized**