

Effectiveness of Silexan Oral Lavender Essential Oil Compared to Inhaled Lavender Essential Oil Aromatherapy for Sleep in Adults: A Systematic Review

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Abstract

Objective: The objective of the review was to identify the effectiveness of Silexan oral lavender essential oil compared to inhaled lavender essential oil aromatherapy for sleep latency, sleep duration, sleep quality, disturbed sleep and anxiety in adult patients.

Introduction: Insomnia is a common problem, with 10-20% of the global population using sleep aids. Benzodiazepine and non-benzodiazepine sleep aids have the potential to cause side effects which may result in falls or other injuries. Lavender oil has anxiolytic properties that may improve sleep and reduce anxiety without the potential for adverse reaction. Silexan, an oral pill produced from lavender essential oil, has limited availability. This review sought to determine if lavender essential oil aromatherapy was as effective as Silexan to enable promotion of the use of essential oil aromatherapy in markets where Silexan is not available.

Inclusion criteria: This review considered both experimental and epidemiological studies that included participants 18 years and over utilizing Silexan therapy of any dose or duration compared to inhaled lavender essential oil aromatherapy. The outcomes of interest were sleep latency, sleep duration, sleep quality, disturbed sleep and anxiety.

Methods: A comprehensive search strategy aimed to find relevant published and unpublished quantitative English language studies from 2010 through to February 16, 2018. Databases searched included: PubMed, CINAHL, Cochrane Central Register of Controlled Trials and Embase. A search of gray literature was also performed.

Results: No studies were identified that met the inclusion criteria.

Conclusions: A comprehensive search of the literature uncovered no evidence related to the effectiveness of Silexan compared to inhaled lavender essential oil aromatherapy for sleep latency, sleep duration, sleep quality, disturbed sleep or anxiety in adult patients. Research is

needed to determine if lavender essential oil aromatherapy, which is readily available worldwide, can be proven to be as effective as Silexan for improving sleep and anxiety in adult patients.

Similar articles

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