

CBT-I Patient: I heard that GABA supplements might be helpful in reducing anxiety for sleep. Do you know if there's any research studies supporting this claim?

CBT-I Clinician: No sound research exists on GABA supplements for insomnia. It may help but it is unlikely given that FDA-approved prescription sleeping pills like Ambien don't work that well. If Ambien was developed and tested specifically for insomnia, and its efficacy is moderate at best, OTC sleep aids and herbal remedies are likely to be even less effective, or not effective at all. However, many patients derive a placebo effect from inert substances like herbal remedies which is helpful for improving sleep as long as there are no side effects.