

**107 Assessed for Eligibility**

**34 Randomized**

**17 Assigned to Chamomile**

**17 Assigned to Placebo**

**17 Analyzed to Chamomile**

**None lost to follow-up or  
excluded from analysis**

**17 Analyzed to Placebo**

**None lost to follow-up or  
excluded from analysis**

**73 Excluded:**

16 Risk for Sleep Apnea  
15 Mood/Personality  
Disorder  
5 Chronic Pain  
8 No Insomnia  
2 Prohibited Medication  
3 Unstable Medical  
Condition  
4 Ineligible (Other reason)  
20 Declined Participation