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Article

Palmitoylethanolamide for sleep disturbance. A double-blind, randomised, placebo-controlled interventional study

Authors

Amanda Rao, Philippa Ebelt, Alistair Mallard, David Briskey

Key Words

- Palmitoylethanolamide
- Levagen
- Sleep
- Sleep onset

Summary / Key Points

A 2021 study shows that *Palmitoylethanolamide* (PEA) capsules can help improve sleep and cognition

Keep reading for more details

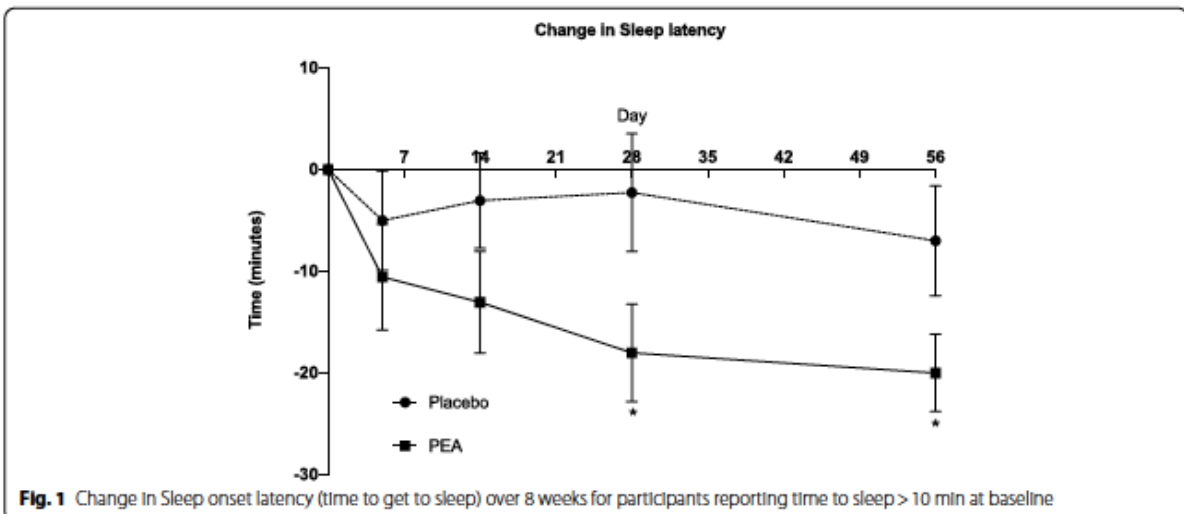
Impaired sleep is linked to many biopsychosocial consequences, like cancer, depression, and cardiovascular disease. Underlying both poor sleep and these conditions is inflammation. This RCT looked at supplementation with PEA, which has been shown to help lower inflammation & pain by dampening the nervous system's pain signals.

The endogenous cannabinoid system (ECS) regulates many biological processes like food intake body temperature and your sleep/wake cycle Lipid mediators work synergistically with the ECS to act upon specific receptors like the nervous system.

The lipid mediator PEA works with an endocannabinoid called anandamide (AKA the "bliss molecule"). PEA is a fatty molecule produced within the body in response to injury & is found in foods like peanuts soybeans & eggs

In disturbed sleep, the signalling of anandamide may be impaired. Therefore, PEA supplementation can potentially restore this process and facilitate better sleep

This RCT looked at the role of PEA in sleep disturbance – that is, difficulty getting to sleep (latency) and/or staying asleep throughout the night.



Active group participants consumed 350mg of PEA daily for 8 weeks. Placebo participants dosed visually identical capsules. Neither participants nor trial investigators knew who received what.

At the beginning of the study, investigators checked demographics like age, gender waist / hip circumference and heart rate They also compared baseline sleep quantity, quality and latency and found no significant differences.

Compared to placebo at 8 weeks,
the active group showed...

- Reduced sleep onset time
 - Shorter time to feel completely awake
 - Improved cognition on waking
- Overall, PEA capsules are a promising sleeping aid

Researchers recommended further investigations specifically for sleep latency and/or people with severely disturbed sleep

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