

RESTORE TRIAL LAY SUMMARY

ISRCTN10433315

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Our study found that up to 2 weeks of treatment with Chloral Hydrate could help people sleep better. A significant number of patients who took this medication could experience significant improvements in their insomnia symptoms, meaning they found it easier to fall asleep and stay asleep throughout the night.

Beyond better sleep, participants could experience improvements in other aspects of their health during the trial. Many of these improvements lasted for up to 4 weeks after stopping the medication.

The medication was generally well tolerated by most participants. Side effects were mostly mild and didn't last long. Most patients were able to continue treatment without having to stop due to these side effects. These results suggest that Chloral Hydrate may be a helpful short-term treatment option for people struggling with severe insomnia