

Evaluation of Perceived Stress and Sleep Improvement With the Dairy Bioactive Lactium®

Joanna Moro,¹ Audrey Boulier,¹ and Vincent Cremonese²

¹Ingredia and ²MérieuxNutrisciences

Objectives: To evaluate Lactium® perceived effectiveness in reducing symptoms related to stress and anxiety, a consumer study has been performed. The satisfaction data has been objectivized using scientific validated questionnaires.

Methods: This consumer study has been performed in three countries: France ($n = 122$), USA ($n = 111$) and China ($n = 105$) with subjects suffering of moderate stress and sleep disorders. Lactium® 300 mg has been taken for 1 month, before bedtime. Satisfaction survey and three validated questionnaires were used to evaluate the impact of Lactium® on stress and sleep disorders: PSS-10 to assess stress levels,

Spiegel questionnaire to estimate the quantity and quality of sleep, and the PSQI to evaluate sleep habits.

Results: After 1 month of supplementation, the overall satisfaction of the subjects was of 75% for France, 70% for China, and almost 90% for the USA. Lactium® significantly improves stress and sleep in France (73% and 69% of improvement, respectively), China (75% and 76%) and USA (85% and 86%). These results of perceived effectiveness have been confirmed by the results of the scientific validated questionnaires (PSS-10, PSQI and Spiegel questionnaire) showing a significant reduction in stress and sleep disorders.

Conclusions: After 1 month of treatment, Lactium® significantly improves stress and sleep disorders in subjects suffering of moderate stress and sleep disorders. Four out of five consumers are satisfied by the effectiveness of Lactium®.

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