

Bibliographic Data	
Authors	Abbasi B, Kimiagar M, Sadeghniaat K, et al.
Title	The effect of magnesium supplementation on primary insomnia in elderly: A double-blind placebo-controlled clinical trial.
PMID	23853635
Citation	J Res Med Sci 2012 Dec; 17(12):1161-1169.
Other information if relevant	Not registered.

Methods	
Aim of study	To determine the efficacy of magnesium supplementation to improve insomnia in the elderly.
Design	Randomized clinical trial

Reasons not to cite as evidence
<ul style="list-style-type: none"> - This article is of overall low quality and does not meet our criteria for evidence. - There is no mention of allocation concealment and thus it is unclear if the allocation sequence was blinded to investigators involved in recruitment. There is the possibility of introducing selection bias. - The designation of a primary outcome is unclear. Several outcomes (8-10) are discussed in the results. - The study does not appear to have been registered with clinicaltrials.gov making selective outcome reporting an unclear risk of bias. - No description of the outcome measures is provided. How were they measured? It is unclear what the differences are between the outcomes of sleep time and total sleep time. - All results are reported as p values only. No mean differences or standardized mean differences are provided for the data. - No description of the placebo intervention is provided. - The study did not indicate where the participants were recruited from.

Additional references or comments if relevant
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