

Hydrogen-rich water for improvements of mood, anxiety, and autonomic nerve function in daily life



This study looked at whether drinking hydrogen-rich water (HRW) every day could improve:

- mood, anxiety, stress response, sleep, overall quality of life in healthy adults.

What was the goal? Researchers wanted to answer: Can hydrogen-rich water improve mood, anxiety, and stress in everyday life? Their theory was that daily stress and oxidative stress may negatively affect the brain, mood, nervous system balance, and quality of life – and hydrogen might help reduce that burden. How was the study done?

- 31 healthy adults enrolled; 26 completed the study
- Double-blind, placebo-controlled crossover study (stronger study design)
- Participants drank:

Hydrogen-rich water

- 600 mL per day for 4 weeks

Then after a 4-week washout period, participants switched and tried placebo water (same water without hydrogen). This crossover design means everyone served as their own comparison, which strengthens the results. What did they measure? **Researchers tracked:**

- Mood and anxiety (K6 scale)
- Fatigue
- Sleep quality
- Depression symptoms
- Autonomic nervous system function (how balanced the body is between stress mode and relaxation mode)
- Cognitive performance/motivation
- Blood markers of inflammation and oxidative stress.

Main findings

✓ Mood and anxiety improved. Psychological distress scores (K6) improved more with hydrogen-rich water than placebo.

✓ Stress response improved. Researchers found lower sympathetic nervous system activity (“fight-or-flight” stress mode).

People appeared physiologically calmer.

✓ Sleep quality improved somewhat. Sleep quality scores improved during hydrogen intake.

✓ Motivation/cognitive performance improved. Participants showed faster motivational response in cognitive testing.

✗ No major changes in blood inflammation markers. Blood oxidative stress markers did not significantly change, likely because participants were already healthy.

This study suggests:

Drinking hydrogen-rich water may help people feel calmer, less anxious, and mentally better in everyday life.



To Read The Full Study Please

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