

# Melatonin – Pediatric (<18 years)

## 1. Why use Melatonin?

- Studies show that it helps people get to sleep & stay asleep

## 2. Safety?

- side effects may include headache, dizziness, nausea, drowsiness & others
- debate in scientific literature that long term use can disrupt sleep patterns
- can cause sleep disruption if proper sleep hygiene techniques are not used with melatonin
- intermittent use of Melatonin is not advised

## 3. Child Dose (<12 yrs)

- Lowest dose possible is best
- Start 0.5 – 1mg for a few nights
- If no effect, increase every two nights up to maximum dose of 5mg

## 4. Adolescent Dose (12 - 17 yrs)

- Lowest dose possible is best
- Start 1-3mg for a few nights
- If no effect, increase every two nights up to maximum dose of 5mg

## 5. How to Use Melatonin

- State an end date of use (ex: 2,3 or 4 wks)
- Take 30-45 minutes before bedtime
- Use every night from start date to end date
- Allow two weeks to slowly come off the medication
- Ex: for one week reduce dose by half then for the second week use every other night then stop

## 6. Resources

- Mayo Clinic: <https://goo.gl/eGifnY>