

Melatonin - Adults

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. Adult Dose (>18 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 10mg

4. 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

5. Resources

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