

Melatonin For Sleep

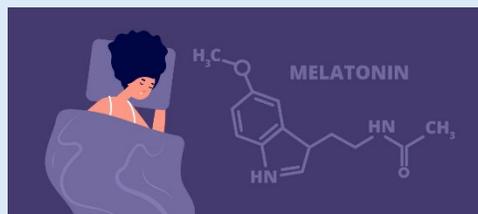
Melatonin is found in a small gland in the brain. The brain makes it when it gets dark. It helps the body keep a rhythm of day and night.

Some studies show lower melatonin levels in persons with autism. A melatonin pill may help. It can help people fall asleep sooner and stay asleep longer. It can be used for persons with blindness, jet lag, after a concussion or other types of trouble sleeping.

Melatonin does not take the place of good habits at bedtime. We all sleep better if we follow a bedtime routine:

- Do the tasks that help you get ready for bed
- Go to bed at the same time each night
- Avoid high energy tasks right before bed (like exercise)
- Avoid screens right before bed (like TV or videogames)
- Stay away from alcohol and caffeine

Forms: You can buy melatonin over the counter without a doctor's order. It comes as pills, liquid, chewables and meltaways.



Dose: It is best to start a low dose and go up if that does not work. For teens and adults, start at 1 mg. For children 3 and older start at 0.3 mg.

- Take it 30 to 60 minutes before bedtime when you are ready to settle down.
- If sleep is not better after a week, you can go up on the dose.
- The highest dose for adults is 10 mg. Ask your doctor for help with your dose.
- Too much melatonin can make it stop working.
- Stop melatonin if it does not help after two weeks.

Other medicines: Melatonin may cause problems with other drugs. If you take pills for birth control, diabetes, blood pressure, or blood thinner, ask your doctor about melatonin.

A reset: If melatonin stops working after working well, try a “drug holiday”. Stop it for a few days. Then start it again at the starter dose. It may work well again for you.

Side Effects: Most people do not have problems with melatonin. Some people feel sleepy, dizzy or irritable. Some people get headaches or stomach aches. In some people, seizures can be better or get worse.

Ask your doctor if you have questions.

More at: <https://www.drugs.com/melatonin.html> and
<https://medlineplus.gov/druginfo/natural/940.html>