

Melatonin

(mel-a-toe-nin)

Other names for this medication

- MEL
- MLT
- Pineal Hormone

How is this medication used

- Melatonin is a hormone produced naturally in your body. Changes in the amount of melatonin your body makes can affect your sleep.
- Taking extra melatonin may help you to fall asleep or stay asleep during the night.

How to take this medication

- Many types of melatonin are available. Your pharmacist or doctor can help you choose the right one for your needs.
- Take melatonin exactly as directed by your doctor or health care provider.
- Take this medication late in the evening, at least 1 hour before you plan to go to bed, to give it time to start working.
- If you miss a dose, wait until the next day and take your dose at the regular time.

While taking this medication you may notice

- Drowsiness during the day
- Headache
- Dizziness
- Nausea and vomiting
- Changes in your mood



Precautions to follow while taking this medication

This medication can make you drowsy. Do not drive or operate machinery until you know how this medication affects you.

Do not take melatonin with alcohol as this can make you more drowsy.

Although melatonin is a 'natural' product, it may interact with other medications, particularly medications which cause you to feel drowsy.

Always check with your pharmacist or doctor before starting any new medications, including medicine and natural products you buy without a prescription.

See your doctor or health care provider if you notice significant changes in your mood, or other symptoms (listed above) bother you.