Melatonin

What is it?
Melatonin is a chemical that is normally produced in the pineal gland in the brain. It is triggered to release as natural light begins to dim. Melatonin helps to release other chemicals that increase drowsiness and prepare one for sleep. Our own natural Melatonin can be inhibited by blue light (light from computer screens, TVs, fluorescent bulbs), travel across time zones, or sunlight. Along with sleep hygiene measures, taking a Melatonin preparation may be helpful if you are having trouble sleeping.

How much should I take?
Initial doses of Melatonin for sleep can range from 1mg- 5mg. A good idea is to start low and increase the dose if it is not effective. Be sure to read the label on the back of the bottle to see how much Melatonin is in each capsule.

Is it safe?
Commonly reported adverse effects include fatigue, dizziness, headache, irritability, mild gastrointestinal upset, and sleepiness. It also may cause increased dreaming. If you have any chronic medical problems, or if you find you chronically need Melatonin, it is best to consult your health care provider. We are committed to your health and wellbeing!