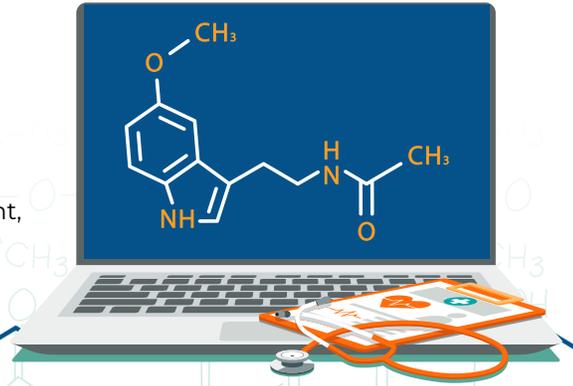


SAFE USE OF MELATONIN: WHAT THE AASM WANTS YOU TO KNOW

Melatonin is a hormone naturally produced by your body that helps regulate your sleep-wake cycle. While widely available as a supplement, the American Academy of Sleep Medicine (AASM) advises caution and emphasizes that it's not a "one-size-fits-all" solution for sleep problems.



AASM SUPPORTED USES

Circadian rhythm disorders:

- Jet Lag Disorder
- Shift Work Disorder
- Delayed Sleep-Wake Phase Disorder (DSWPD)
- Non-24-hour Sleep-Wake Disorder (N24SWD) in blind adults
- REM Sleep Behavior Disorder



AASM DOES NOT RECOMMEND FOR

Chronic Insomnia in Adults or Children

Cognitive Behavioral Therapy for Insomnia (CBT-I) is the first-line treatment. Melatonin should generally not be used for this purpose.



IMPORTANT SAFETY CONSIDERATIONS

Side Effects May Include:

- Daytime sleepiness
- Headache
- Dizziness
- Fatigue

Not FDA-Regulated

- Sold as a dietary supplement, meaning it's not as rigorously regulated.
- Dose inconsistency common (0.3 mg–10 mg)
 - Actual content may be **<50% to >400%** of labeled dose
- **Chewable and gummy forms** are often most inconsistent

Limited Long-Term Safety Data

Spike in Poison Control Calls (especially in kids)

- Gummies are often not childproof and appealing to kids
- Accidental overdoses
- Some cases lead to hospitalization



AASM'S KEY RECOMMENDATIONS FOR SAFE USE

1. **Keep Melatonin Away from Children**
 - » Treat it like medicine
2. **Always Consult a Healthcare Professional**
 - » Before giving to **children**
 - » If you're an **adult with sleep issues**
 - » To determine **correct dose and timing**
3. **Try Healthy Sleep Habits First**
 - » Consistent sleep schedule
 - » Relaxing bedtime routine
 - » Limit screens before bed
 - » Keep room dark, cool, and quiet
 - » Avoid big meals before sleep
 - » Exercise regularly
4. **Choose Reputable Products**
 - » Look for the **USP Verified Mark**
 - » Ensures label accuracy & safety standards



Remember: Melatonin is not a magic bullet for all sleep problems.

A comprehensive approach to sleep health, often involving behavioral strategies like CBT-I, is frequently more effective and safer in the long run.

This content is intended for informational purposes only and should not be considered medical advice. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding medical condition, symptoms, or treatment options tailored to your specific needs.



WANT TO LEARN MORE?
Check out
AASM's Talking
Sleep podcast

episode on **melatonin**
uses in adults and kids.

Talking
Sleep