

Medication Information

Melatonin

(Mel – ah – ton – in)

Other names for this medication

Melatonin is a natural health product. There are many companies that make melatonin. You do not need a prescription to take this product.

How this medication is used

This medication is used to improve sleep.

Melatonin is a hormone that your body makes at night. It helps set your body's sleep clock, also called your circadian rhythm.

How to take this medication

Take this medication 30 to 60 minutes before bedtime.

Take this medication exactly as directed by your health care provider. Do not take more than your health care provider prescribes.

This medication makes you feel sleepy. Do not drive or operate machinery for 6 to 8 hours after taking your dose.

Melatonin is available in tablets or capsules. If you cannot swallow capsules, you can open them up and mix the powder with water, milk or juice.

How to take this medication (continued)

Take this medication combined with a routine at bedtime such as:

- Going to bed and waking up at the same time every day. Try to get up at the same time each morning, no matter how much or how little sleep you get.
- Doing a relaxing activity before going to bed such as taking a warm bath, listening to quiet music, reading a book, drinking warm milk, meditating, stretching, doing relaxation exercises.
- Not watching TV programs with action or violence in the hour before you go to bed as they could act as a stimulant.
- Setting your alarm and placing the clock so you cannot see it.

Also avoid using caffeine, alcohol and nicotine.

If you miss a dose of this medication, skip the missed dose. Take your next dose at your regular time. Do not take 2 doses at one time.

While taking this medication you may notice

There are no common or major side effects. However, the following has been reported:

- tummy pain
- constipation
- drowsiness
- dry mouth

To avoid constipation, eat food high in fibre, drink 6 to 8 glasses of liquid each day and exercise regularly. Food with fibre includes whole grain products, vegetables and fruit.