

CA-ADAP Medication Review: Melatonin

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Melatonin

Brand

Many available products

Indications

Off-label: For the short-term treatment of jet lag, delayed sleep-wake phase disorder, sleep disorders in children, and anxiety before or after surgery

Benefits

Regulating sleep-wake cycle, natural sleep aid, low risk of dependency, generally well-tolerated

**NOT Recommended
for Use**

Chronic insomnia, shift work disorder

Melatonin

DOSING

0.3 to 12 mg PO 30 min to 1 hour before bedtime as needed

ADRs

Drowsiness, headache, dizziness, GI effects, daytime sleepiness

Drug Interactions

*Anticoagulants and antiplatelets, anticonvulsants, BP medications;
Caution with other sedating agents;
No interactions with ARVs*

HOW SUPPLIED

*Capsules, Chewable tablets, Gummies, Orally-disintegrating tablet,
Oral solution, and Tablets*

References

- Auger RR, Burgess HJ, Emens JS, et al. Clinical practice guideline for the treatment of intrinsic circadian rhythm sleep-wake disorders: advanced sleep-wake phase disorder (ASWPD), delayed sleep-wake phase disorder (DSWPD), non-24-hour sleep-wake rhythm disorder (N24SWD), and irregular sleep-wake rhythm disorder (ISWRD). An update for 2015. *Journal of Clinical Sleep Medicine*. 2015;11(10):1199-1236
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- Costello RB, Lentino CV, Boyd CC, et al. The effectiveness of melatonin for promoting healthy sleep: a rapid evidence assessment of the literature. *Nutrition Journal*. 2014;13:106
- <https://www.nccih.nih.gov/health/melatonin-what-you-need-to-know>
- <https://www.mayoclinic.org/drugs-supplements-melatonin/art-20363071>
- <https://my.clevelandclinic.org/health/articles/23411-melatonin>