

# Melatonin

**Indication(s):** Circadian Dyssynchrony

**Contraindications:** Hypersensitivity to melatonin.  
Do not use in pregnancy or during breastfeeding.

**Precautions:** Avoid use of alcohol or other CNS depressants during therapy. For short term use only  
(Max 7 days then HMA input req'd).

**Drug Interactions:** Alcohol/CNS depressants  
(Additive effect - Avoid).

**Adverse effects:** Headache, confusion, nausea

**Dosage and Administration:** Melatonin  
(Immediate, Regular or Sustained Release) 1-3mg  
PO/SL QHS PRN.