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.