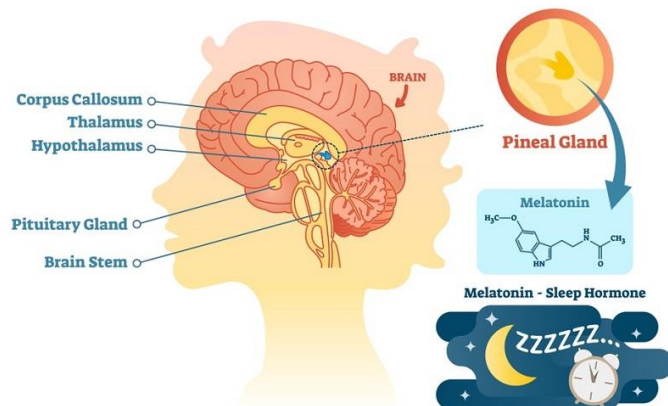


WHAT IS MELATONIN?

Melatonin is a hormone that is produced by the pineal gland in your brain to regulate your “biological” clock and help with sleep-wake cycles. Your body increases production and release of melatonin when it is dark to prepare for sleep. Melatonin production decreases during the day when it is bright out. Melatonin can also be taken as an oral supplement.

PINEAL GLAND



WHAT CAN DISRUPT MELATONIN CYCLES

DECREASED PRODUCTION	ALTERED MELATONIN CYCLES
Caffeine	Jet lag
Tobacco	Insomnia
Alcohol	Shift work
Blue light – TV, computer, phones	Developmental disabilities in children

COMMON USES FOR MELATONIN

Melatonin is commonly used for sleep disorders that disrupt the melatonin cycles:

- delayed sleep-wake phase sleep disorder
- jet lag
- insomnia
- shift work disorders
- sleep-wake cycle disturbances
- developmental disabilities, like autism spectrum disorder, attention-deficit hyperactivity disorder



SAFETY PROFILE



Melatonin is generally safe for short term use to promote sleep but should be taken under your doctor’s supervision. Some side effects from taking melatonin include:

- headache
- dizziness
- nausea
- drowsiness – do not take prior to driving or operating machinery.

MELATONIN

NOTABLES



The precursor to melatonin is serotonin, a neurotransmitter that's derived from the amino acid tryptophan.

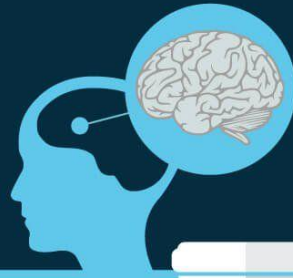
Melatonin is a hormone secreted by the pineal gland in the brain.



When it's dark, your body produces more melatonin.



When it's light, the production of melatonin decreases.



« Jet lag, shift work, and poor vision can disrupt melatonin cycles.

Caffeine, tobacco, and alcohol can all » lower levels of melatonin in the body.



↑ Young children have the highest levels of nighttime melatonin.

Melatonin can be helpful for children with developmental disabilities like autism.

Blue light emitted by screens (TV, computer, phone, etc.) suppresses melatonin levels, making it more difficult to fall asleep.



Some foods that naturally increase melatonin production:

oats, bananas, tart cherries, walnuts, pineapple and barley.



Daytime exercise and light exposure promotes a regular circadian rhythm of melatonin and helps ensure higher levels at night time.

Dr. Axe
FOOD IS MEDICINE