

# Melatonin

## Articles on Melatonin:

**1. Light, melatonin and the sleep-wake cycle** . Author(s): Brown GM **Address:** Clarke Institute of Psychiatry, Toronto, Ontario. **Source:** J Psychiatry Neurosci 1994 Nov;19(5):345-53

**Abstract:** Blood levels of the pineal hormone melatonin are high at night and low during the day. Its secretion is regulated by a rhythm-generating system located in the suprachiasmatic nucleus of the hypothalamus, which is in turn regulated by light. Melatonin is regulated not only by that circadian oscillator but acts as a darkness signal, providing feedback to the oscillator. Melatonin has both a soporific effect and an ability to entrain the sleep-wake rhythm. It also has a major role in regulating the body temperature rhythm. Melatonin rhythms are altered in a variety of circadian rhythm disorders. Melatonin treatment has been reported to be effective in treatment of disorders such as jet lag and delayed sleep phase syndrome

## 2. Smart Drugs II

<http://www.ceri.com/melaton.htm>

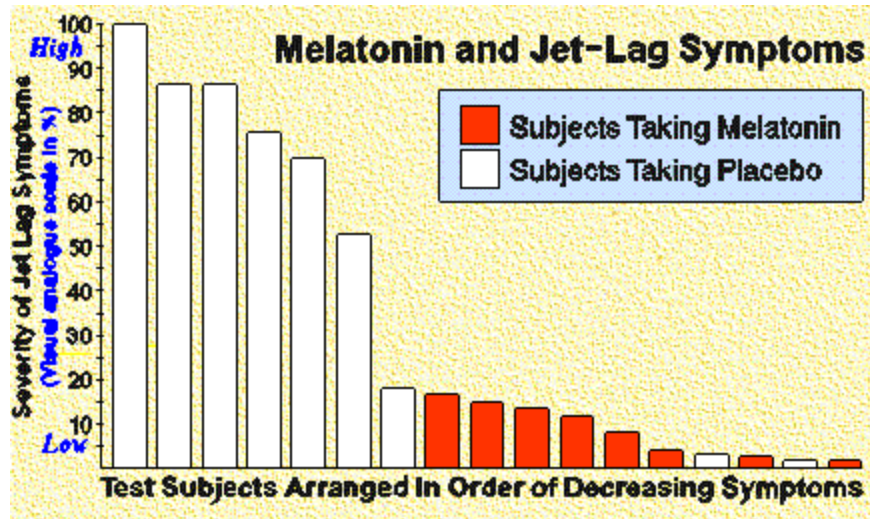
excerpt...

Melatonin taken in the evening (in the new time zone!) will rapidly reset your biological clock and almost totally alleviate (or prevent) the symptoms of jet-lag. The ability of melatonin to alleviate jet-lag was demonstrated in a study of 17 subjects flying from San Francisco to London (eight time zones away). Eight subjects took 5 mg of melatonin, while nine subjects took a placebo. Those who took melatonin had almost no symptoms of jet-lag (see illustration below) [Arendt, *et al.*, 1986]. Six out of nine placebo subjects scored above 50 on the jet lag scale, and all of the melatonin subjects scored below 17.

Most people sleep well with melatonin, and wake up the next day refreshed with no symptoms of jet-lag [Claustrat, 1992] (although they may still have some fatigue from the wear and tear of traveling).

Many melatonin fans without any noticeable symptoms of circadian disturbance are now using melatonin to enhance their circadian rhythms. They report that it helps them get to sleep and helps them sleep more soundly. It also makes them more alert the next day and even lessens mid-afternoon tiredness (and naps).

In all cases, melatonin should be taken at night (preferably before midnight) before going to bed. That's when your pineal gland naturally releases melatonin. Taking melatonin at night (or before your normal bedtime if you are a shift worker) helps restore and maintain normal circadian metabolic rhythms.



3. Ray Sahelian, Melatonin <http://www.raysahelian.com/melatonin.html>

SCS Intensive Nutrition™ manufactures 5 mg sublingual Melatonin in convenient blister-pack, travel boxes. Box of 30 tablets: \$13.00



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