

SLEEP HORMONE

Melatonin is a naturally occurring hormone produced in the pineal gland. Melatonin helps to regulate our circadian rhythm (body clock) which dictates our sleep & wake cycles. Melatonin plays a critical role in helping us to fall asleep and stay asleep through the night.

Melatonin secretion increases soon after the onset of darkness. Melatonin peaks in the middle of the night (between 2am and 4am) and gradually falls during the second half of the night. Serum levels of melatonin are known to decrease with age which may contribute to the increased frequency of sleep disorders in the elderly and the ageing process itself.

Melatonin can be compounded as capsules, slow release capsules, suspensions and drops in various strengths.