



MELATONIN

Helps kids who find it hard to fall asleep at bedtime and wake during the night

Starts working 1-2 hours after taking it



You might notice some other changes. Tell your doctor if you don't like how they make you feel..

Your sleep will get better and better as you keep taking it

Ask your doctor about stopping it



Take at night 1-2 hours before bed

May be needed for a few weeks or months or longer

