



# MELATONIN



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


Starts working 1-2 hours after taking it




Your child might get headache, feel tired, dizziness, have unusual dreams and feel or get sick

Full effects build up over 1-2 weeks

Ask the doctor about stopping it



Give at night 1-2 hours before bed



May be needed for a few weeks or months or longer

Tell the doctor if your child can't swallow the medicine