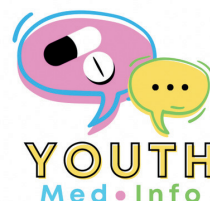




# Melatonin



Natural hormone in your brain that helps get your body ready for sleep

Helps with falling and staying asleep and jet lag

Starts working after 1-2 hours and lasts for 4-8 hours

Full effects take 1-2 weeks

Common side-effects are headache, feeling tired, strange dreams, upset stomach and feeling dizzy

Talk to your doctor if you want to stop taking it

Take it with food 1-2 hours before bed and keep taking it for a few weeks or months