

Mayo Clinic Minute

Is melatonin the right sleep aid for me?

Video	Audio
	We spend roughly a third of our lives sleeping, but catching enough Zs isn't always easy.
TIMOTHY MORGENTHALER, M.D. SLEEP MEDICINE Mayo Clinic	00:05:15 "For some people sleep is just extremely easy and others really have to struggle at it. For the easy sleepers, you know, they need to be thankful."
	Mayo Clinic Sleep Medicine Specialist Dr. Timothy Morgenthaler says adults should be shooting for seven to nine hours of shut-eye each night.
	Less than that, and your risk of cardiovascular problems, obesity, and even cancer can dramatically increase.
	But millions of Americans have trouble falling or staying asleep, so many turn to over-the-counter sleep aids.
	One of the most popular is Melatonin.
TIMOTHY MORGENTHALER, M.D. SLEEP MEDICINE Mayo Clinic	Clip 2 00:05:23 "melatonin is a substance that, you know, our own bodies make and so it sounds like it would be a very natural way to help promote sleep. The role of melatonin in our bodies is not so much to promote sleep as it is to synchronize our biologic clock."
	So, if you're traveling overseas, and going more than five or six time zones away, Melatonin can be helpful in resetting your body's clock more quickly so it knows when nighttime is.
	But other than that, Dr. Morgenthaler says Melatonin is probably not the best help you can get.

TIMOTHY MORGENTHALER, M.D.
SLEEP MEDICINE
Mayo Clinic

Clip 2
00:07:04

"in general, melatonin pills are not very good sleep agents. They are weak sleep agents."

For the Mayo Clinic News Network, I'm Ian Roth.