

**Mayo Clinic Minute: Sleeping with melatonin: The benefits and risks**

<b>Video</b>	<b>Audio</b>
<b>Erik St. Louis, M.D.</b> <b>Neurology</b> <b>Mayo Clinic</b>	Getting a good night's sleep can often seem like a luxury for some people. Many sleep-deprived people use melatonin supplements to help them catch some z's.  "Melatonin, in general, can help with sleep problems, largely when there's a problem with insomnia or trouble falling or staying asleep."
	Dr. Erik St. Louis says melatonin is a hormone that is naturally produced in the brain and helps to regulate the body's sleep rhythm.
	"Melatonin is sometimes known as the hormone of darkness. So, when it's secreted naturally by the body, it tends to peak in the hours before sleep and then exert some sleep-promoting effects."
	Melatonin signals to the brain and body that it's time to sleep and helps to set the daily circadian rhythm. However, there are some mild risks to using melatonin supplements.
	"Side effects such as a headache, dizziness, nausea resulting if too high a dose is taken."
	For the Mayo Clinic News Network, I'm Sonya Goins.