



For more information about clinical studies and use of Melatonin, please review the following links:

[Melatonin, Circadian Rhythms and Sleep](#)

- [Josephine Arendt, PHD](#)

[New England Journal of Medicine](#)

[Melatonin: circadian rhythm regulator, chronobiotic, antioxidant and beyond](#)

- [Bruno Berra, PHD, Angela Marie Rizzo, PHD](#)

[Science Direct](#)

[Melatonin receptors: Role on sleep and circadian rhythm regulation](#)

-[Margarita L.Dubocovich](#)

[Science Direct](#)

[Melatonin, Sleep, and Shift Work Adaptation](#)

- [James B. Burch, PHD; Michael G. Yost, PHD; Wendy Johnson, MS; Emily Allen MS](#)

[Journal of Occupational and Environmental Medicine](#)

[The Treatment of Sleep Disorders with Melatonin](#)

- [J.E. Jan, H. Espezel, R.E. Appleion](#)

[Developmental Medicine & Child Neurology](#)

[Role of Melatonin in the Regulation of Human Circadian Rhythms and Sleep](#)

- [C. Cajochen, K. Kräuchi, A. Wirz-Justice](#)

[Journal of Neuroendocrinology](#)