

Melatonin

Dosing

- 0.5 to 1 mg in infants
- 2.5-3 mg in older children
- 5 mg in adolescents
- Give 30-60 minutes before bedtime.

Recommendations for good sleep hygiene in children

- Napping during the day should be avoided
- Appropriate dinnertime should be at least 2 hours before bedtime
- Screen time (ie, watching television, playing computer or video games) should be discontinued at least an hour before bedtime
- Regular bedtime routine including routine sleep and wake-up times should be maintained
- Children should sleep in their own beds
- Sleep environment should be dark and quiet; room should not be too hot
- Caffeine, nicotine, and alcohol should be avoided

Data from:

References

- [Mindell JA, Emslie G, Blumer J, Genel M, Glaze D, Ivanenko A, et al. Pharmacologic management of insomnia in children and adolescents: consensus statement. *Pediatrics*. 2006;117\(6\):e1223-32.](#)
- [Owens JA, Moturi S. Pharmacologic treatment of pediatric insomnia. *Child Adolesc Psychiatr Clin N Am*. 2009;18\(4\):1001-6](#)
- [Irvin Janjua, MD and Ran D. Goldman, MD FRCPC. Sleep-related melatonin use in healthy children. *Can Fam Physician*. 2016 Apr;62\(4\):315-316](#)

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