

## Eye-Opening Facts about Melatonin – interview transcripts

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**Dr. Sarah Zallek, OSF Sleep Physician**

“A huge number of people had sleep disruption during COVID, and a lot of people turned to over the counter medications or other therapies for their sleep during that time. It's not just COVID, though. I think people are more aware of sleep and its disruptions, and there's a lot of marketing out there for products and services to help sleep for better or worse.” (:19)

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**Dr. Sarah Zallek, OSF Sleep Physician**

“The vast majority of us who have sleeping problems aren't going to need melatonin or a prescription sleeping pill or anything else for their sleep because we want to treat the underlying problem. But if you have trouble sleeping, melatonin might be helpful.” (:13)

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**Dr. Sarah Zallek, OSF Sleep Physician**

“Manufacturers of something like melatonin can put a lot of different things in the bottle without necessarily being noticed. In old studies I know that they've analyzed some melatonin products and found none, and found a lot more melatonin in other products. One product had valium in it, which will definitely make you go to sleep but is not the goal. So you don't know what's in the bottle and over the counter products are risky for that reason.” (:27)

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**Dr. Sarah Zallek, OSF Sleep Physician**

“Melatonin is widely distributed throughout the body. Melatonin is a naturally occurring substance. It's a very normal hormone that we all produce. Some of us have more or less of it, but it helps regulate our internal clock for a lot of things – including sleep – and it has some crosstalk with other hormones. We don't really know what the effect is on children who take it consistently for some time.” (:21)

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**Dr. Sarah Zallek, OSF Sleep Physician**

“It's incredibly important to keep all medications away from kids, because even an over the counter medication is potentially dangerous. So everything in the wrong dose is dangerous, and kids are curious creatures and might be very apt to try something that you don't know they're taking.” (:18)