



Melatonin Regime in Headache

Melatonin is used to prevent several types of headaches (including cluster headache, SUNCT/SUNA, paroxysmal hemicrania and hemicrania continua) from occurring. The dose has to be increased gradually as given below. Increase the dose until the headaches are completely suppressed. If there is no benefit after taking melatonin for 2-4 weeks at the top dose then discontinue it.

Melatonin is available as 3mg tablets and 5mg tablets. Please use the appropriate regime depending on the strength of the melatonin tablets

Melatonin 3mg tablets

Evening (2 hours or less before going to sleep)

For 3 days take:	3mg
For 3 days take:	6mg
For 3 days take:	9mg
For 3 days take:	12mg
Thereafter take:	15mg

Melatonin 5mg tablets

Evening (2 hours or less before going to sleep)

For 5 days take:	5mg
For 5 days take:	10mg
Thereafter take:	15mg

Melatonin is used for the treatment of insomnia and jet lag. The main side effect in patients taking it for headaches is drowsiness. If you start to get any other side effects please let your doctor know as soon as possible.

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<http://www.pricespower.com/power.htm>

<http://www.eurovital.com/uk/>