

PAPERFLOWER PSYCHIATRIC PRESENTS

5 FACTS ON MELATONIN

1 AVOID TAKING "MORE"
TO BE MORE SLEEPY.
START WITH 1MG!
HIGHER DOSES
CAN LEAD TO NIGHTMARES
AND WORSE SLEEP.
TYPICALLY 3MG IS
MORE THAN ENOUGH.

2 MELATONIN TAKES TIME
TO WORK. TAKE IT 2-3
HOURS BEFORE BED, OR
AS SOON AS THE SUN
STARTS TO SET. THIS
ALLOWS YOUR BODY TO
NATURALLY MAKE SLEEPY
CHEMICALS.

3 USING ELECTRONICS
TWO TO THREE HOURS
BEFORE BEDTIME CAN
DECREASE THE
EFFECTIVENESS
OF MELATONIN

4 SEROTONIN HELPS TO
MAKE MELATONIN.
YOU MIGHT NOTICE
THAT MEDICATIONS
WITH SEROTONIN
HELP YOU SLEEP BETTER
AFTER A FEW WEEKS.

5 NATURALLY BOOST
MELATONIN BY:
GOING OUTSIDE!
BRIGHT LIGHT IN THE
MORNING, WATCHING
SUNSET + EXERCISING