

# MELATONIN

*is delivered in time  
with your own internal clock!*

Helps to control your sleeping and waking cycles

✕

Regulated by daylight

✕

Works best with regular sleep habits

✕

Sensitive to seasonal changes in natural daylight

*Timings and dosage may vary*

## *Directions for use*

Reduce blue light and screen time 1.5 hours before bed. Add into your night time routine some calming activities or relaxation techniques e.g. read a book, listen to relaxing music, have a warm shower/bath.

Discover more of the Brain's Amazing Drugs at  
[www.scottishconflictresolution.org.uk](http://www.scottishconflictresolution.org.uk)



SCCR

Scottish Centre for  
Conflict Resolution

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The Brain's Amazing Drugs Cabinet  
brings you

The Brain's Marvellous  
"Sleep Drug"



Adjusts to your body-clock to deliver a  
natural sleep cycle