

Video: Does melatonin do anything?

May 10 2018



Credit: The American Chemical Society

Melatonin is a widely used supplement. Many people turn to the hormone hoping it will improve their sleep, but do claims of its efficacy have any merit?

Clinical evidence suggests that the benefits of melatonin are modest, and it may not help everyone. And there's little to stop supplement makers from selling you [snake oil](#).

Reactions explains the chemistry of this popular sleep aid:

Provided by American Chemical Society

Citation: Video: Does melatonin do anything? (2018, May 10) retrieved 24 April 2024 from <https://phys.org/news/2018-05-video-melatonin.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.