

SCCR

Scottish Centre for
Conflict Resolution

cyre:ians

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*

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

Teenagers produce Melatonin much later in the day, taking up to two hours longer to produce enough Melatonin to induce sleep than a child or adult.

✕

Melatonin levels slowly drop with age. Some older adults make less and less Melatonin as they age or none at all.

Discover more of the Brain's Amazing Drugs at
www.scottishconflictresolution.org.uk