

**Melatonin Sandoz® Sleep Aid**  
**MODIFIED RELEASE TABLETS**  
*Melatonin*

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**Consumer Medicine Information**

This leaflet provides important information about using Melatonin Sandoz Sleep Aid. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using Melatonin Sandoz Sleep Aid.**

*Where to find information in this leaflet:*

1. **Why am I using Melatonin Sandoz Sleep Aid?**
2. **What should I know before I use Melatonin Sandoz Sleep Aid?**
3. **What if I am taking other medicines?**
4. **How do I use Melatonin Sandoz Sleep Aid?**
5. **What should I know while using Melatonin Sandoz Sleep Aid?**
6. **Are there any side effects?**
7. **Product details**

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1. **Why am I using Melatonin Sandoz Sleep Aid?**

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**Melatonin Sandoz Sleep Aid contains the active ingredient melatonin.** Melatonin Sandoz Sleep Aid is (not of plant or animal origin), belongs to a group of naturally occurring hormones produced in the body. Melatonin works by controlling the circadian rhythms and increasing the propensity to sleep.

**Melatonin Sandoz Sleep Aid is used to improve sleep quality and morning alertness in patients over 55 years of age with primary insomnia with poor quality of sleep.**