

CBT-I Patient: Is melatonin considered a sleeping pill and should I ween myself from it?

CBT-I Clinician: Melatonin is not a sleeping pill since there is little, if any, scientific evidence that it helps insomnia. Technically, it is a hormone that regulates circadian rhythms and responses to seasonal changes in light, not sleep. However, many people use it as a sleeping pill and derive a positive placebo effect from it. It has few side effects so it is your choice if you want to consider it a sleeping pill and eliminate it.