TITLE: Melatonin Treatment for the Management of Insomnia in Adolescents: Clinical Effectiveness and Guidelines

DATE: 8 March 2011

RESEARCH QUESTIONS

1. What is the clinical effectiveness of melatonin for the treatment of insomnia in adolescents?
2. What is the safety of melatonin for the treatment of insomnia in adolescents?
3. What are the guidelines for the use of melatonin for the treatment of insomnia in adolescents?

KEY MESSAGE

Limited adolescent-specific information is available regarding the use of melatonin for insomnia treatment. The available evidence suggests that melatonin can safely be used for treatment of insomnia in children and adolescents.

METHODS

A limited literature search was conducted on key health technology assessment resources, including PubMed, the Cochrane Library (Issue 2, 2011) University of York Centre for Reviews and Dissemination (CRD) databases, ECRI (Health Devices Gold), EuroScan, international health technology agencies, and a focused Internet search. The search was limited to English language articles published between January 1, 2006 and March 1, 2011. No filters were applied to limit the retrieval by study type. Internet links were provided, where available.

RESULTS

Rapid Response reports are organized so that the higher quality evidence is presented first. Therefore, health technology assessment reports, systematic reviews, and meta-analyses are
presented first. These are followed by randomized controlled trials, non-randomized studies, and evidence-based guidelines.

The literature search did not identify any relevant health technology assessments. Two systematic reviews and three randomized controlled trials examining melatonin use for treatment of insomnia in children and adolescents were identified. No evidence-based guidelines were identified. Additional articles of potential interest are included in the appendix.

**Health technology assessments**
No literature identified.

**Systematic reviews and meta-analyses**


**Randomized controlled trials**


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APPENDIX – FURTHER INFORMATION:

Non-randomized studies (not specific to patient safety)


Guidelines and recommendations (not evidence-based)


Patient Information


Review articles


Additional references
