

Melatonin is a hormone produced naturally by the body that plays a crucial role in regulating the sleep-wake cycle. It is often used as a sleep aid in people with insomnia or other sleep disturbances. In addition, it has been studied for its potential to improve sleep in people with Parkinson's disease (PD) and other neurodegenerative conditions.

People with PD often experience disrupted sleep patterns, including difficulty falling or staying asleep, vivid dreams/nightmares, and daytime sleepiness. There is also an association with REM sleep behaviour disorder and PD.

These sleep disturbances are thought to be related to changes in the levels of neurotransmitters such as dopamine, which are affected by the underlying neurodegenerative process.

Melatonin has been shown to have a number of effects that may be beneficial in improving sleep in people with PD, including promoting relaxation and reducing anxiety, regulating circadian rhythms, and reducing inflammation.

Several studies have investigated the use of melatonin for sleep disturbances in people with PD. In general, these studies have found that melatonin can be effective in improving sleep quality and reducing the frequency of night-time awakenings.

One study found that melatonin improved sleep quality, reduced daytime sleepiness, and improved motor function in people with PD who also experienced sleep disturbances. Another study found that melatonin reduced night-time tremors and improved overall sleep quality in people with PD.

Melatonin is generally considered safe, although some people may experience side effects such as drowsiness, headache, or nausea. It can interact with certain medications, including blood thinners and medications for high blood pressure, so it is important to talk to a healthcare provider before starting melatonin.

In conclusion, melatonin may be a safe and effective option for improving sleep in people with PD and other neurodegenerative conditions. However, it is important to discuss the use of melatonin with a specialist to ensure its safety and effectiveness, and to monitor for any potential side effects or interactions with other medications.