

## NightTime Formula

Cajochen C, Krauchi K, Mori D, Graw P, Wirz-Justice A. Melatonin and S-20098 increase REM sleep and wake-up propensity without modifying NREM sleep homeostasis. *Am J Physiol* 1997;272(4 pt 1):R1189-R1196.

Dawson D, Gibbon S, Singh P. The hypothermic effect of melatonin on core body temperature: is more better? *J Pineal Res* 1996;20(4):192-197.

Deacon S, Arendt J. Melatonin-induced temperature suppression and its acute phase-shifting effects correlate in a dose-dependent manner in humans. *Brain Res* 1995;688(1-2):77-85.

Haimov I, Lavie P, Laudon M, Herer P, Vigder C, Zisapel N. Melatonin replacement therapy of older insomniacs. *Sleep* 1995;18(7):598-603.

Hughes RJ, Badia P. Sleep-promoting and hypothermic effects of daytime melatonin administration in humans. *Sleep* 1997;20(2):124-131.

Nave R, Peled R, Lavie P. Melatonin improves evening napping. *Eur J Pharmacol* 1995;275(2):213-216.

Reid K, Van den Heuvel C, Dawson D. Day-time melatonin administration: effects on core temperature and sleep onset latency. *J Sleep Res* 1996;5(3):150-154.

Zhdanova IV, Wurtman RJ, Morabito C, Piotrovskaya VR, Lynch HJ. Effects of low oral doses of melatonin, given 2-4 hours before habitual bedtime, on sleep in normal young humans. *Sleep* 1996;19(5):423-431.