

Melatonin



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BIPOLAR DISORDERS Factsheet

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How is melatonin relevant to bipolar disorder?

Melatonin is a hormone primarily synthesised by the pineal gland. Secretion of melatonin by the pineal gland shows a circadian rhythm synchronised to the light-dark cycle. Melatonin has been reported to be involved in various important biological functions in the body: sleep regulation, circadian rhythm, immune modulation, reproduction, anti-inflammation, antioxidant, and energy metabolism. Various studies have reported the beneficial effects of melatonin for improving metabolic problems; problems often observed in people taking antipsychotic medications.

What is the evidence for melatonin modulators?

Moderate to high quality evidence suggests the melatonin agonist ramelteon may reduce relapse to depression but not to mania or a mixed state. There were no differences in adverse effects between ramelteon and placebo.

Low quality evidence from few, small studies is unable to accurately determine the benefits of adjunctive melatonin for improving metabolic factors in people with bipolar disorder.



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NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about bipolar disorder or its treatment with your doctor or other health care provider.

For more information see the technical table

HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at neura.edu.au.

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