

## Chronobiology/Circadian Disorders

Board #054: P4 - Tuesday

### USING MELATONIN FOR SHIFT WORKERS WITH INITIAL INSOMNIA

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**Introduction:** Difficulty to fall asleep and poor sleep quality are common within shift workers. Melatonin could improve around all the mentioned problems.

**Materials and methods:** We sent Insomnia Severity Index (ISI) and Pittsburgh Sleep Quality Index (PSQI) questionnaires to all rotating shift workers of an industry. Melatonin was given to the subjects with initial insomnia and those whom suffer from poor sleep quality.

**Results:** Melatonin significantly improved sleep onset latency in comparison with the baseline, lowering from 29 minutes to 21.

**Conclusions:** Our study showed that Melatonin could improve the difficulty to fall asleep among shift workers.

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