# Sleep

Melatonin is produced in the brain and released into the blood. This hormone synchronizes our main inner clock. Melatonin production primarily takes place at night. Young people normally experience an eight to tenfold increase in melatonin levels before midnight. Melatonin production decreases later in life, and nighttime values often increase only briefly, and only to twice the daytime levels. As a result, the body’s organs no longer receive correct information about the changes between daytime and nighttime, and the inner clock goes out of tune.

Conventional sleeping pills may further suppress melatonin production. Sleep disturbances and various diseases may begin to occur. If we want to help our body in coping with this situation, we need to absorb enough melatonin when falling asleep (short term) and subsequently during the sleeping phase (six to eight hours). A chronobiological preparation for this specific purpose has recently been launched.