



Light O'Clock (Season 1) – Episode 4: Melatonin – the night time hormone

Guidolin, C., & McGlashan, E. (Hosts). (2024). *Light O'Clock (Season 1) – Episode 4: Melatonin – the night time hormone* [Audio podcast episode]. Translational Sensory & Circadian Neuroscience Unit (MPS/TUM/TUMCREATE). <https://www.tscnlab.org/podcast/s01e04> DOI: <https://doi.org/10.17617/1.0ctp-rq05>

YouTube video on melatonin

TED. “What is melatonin -- and should you take it to fall asleep? | Sleeping with Science” (1 December 2021). https://youtu.be/fyWJoJltoo?si=4j6A_RCeYzWwGpwW

Scientific publication on melatonin supplements mentioned at minute 22:03:

Cohen, P. A., Avula, B., Wang, Y. H., Katragunta, K., & Khan, I. (2023). Quantity of melatonin and CBD in melatonin gummies sold in the US. *JAMA*, 329(16), 1401-1402. <https://jamanetwork.com/journals/jama/fullarticle/2804077>