

# Sleep disruptions can impact a child's health, and a family's quality of life<sup>1</sup>

Good sleep is essential for physical and mental health. It's important for energy conservation, growth, mental development, and other physiological processes.<sup>1</sup>

A 2019 Consensus Panel found that occasional sleeplessness in children is common, with as many as **25% of all healthy children experiencing a problem sleeping** at some point in childhood. Occasional sleeplessness has a significant impact on quality of life in children and their families, and is often challenging to manage.

## Consider these opportunities to probe for sleep disruptions and support parents:

### Developmental changes

- Eliminating naps
- Onset of puberty
- Circadian rhythm shift in older adolescents

### Schedule changes

- Transitioning back to school after vacation
- Intensification of extracurricular activities
- Daylight Saving Time

### Household changes

- Arrival of a new sibling
- Moving
- Changing schools
- Divorce or remarriage

## In addition to good sleep hygiene guidance, there are many reasons to recommend Zarbee's® Melatonin by name for kids' occasional sleeplessness\*:

- Drug-free and non-habit forming
- Made with rigorously tested, high-quality melatonin whose molecular structure is identical to natural melatonin
- Provides clinically supported, age-appropriate dosing in 1 mg increments. Since responses vary, you can adjust a child's dose based on your professional judgment.
- Made following Current Good Manufacturing Practice (CGMP) standards required by the FDA
- No alcohol, artificial flavors, or gluten



Dietary supplement

## Administration

If your patient weighs less than 31 lb (14 kg) or is under 3 years of age, these products are not recommended for use.

### Zarbee's® Children's Sleep Chewable Tablets and Gummies with Melatonin

1 mg melatonin per tablet or gummy

<b>3-5 years</b>	At HCP's discretion; not to exceed 1 tablet or gummy
<b>6-12 years</b>	2 tablets or gummies
<b>12+ years</b>	3 tablets or gummies

Give 30 to 60 minutes before bedtime.

### Zarbee's® Children's Sleep Liquid with Melatonin

1 mg melatonin per mL of liquid

<b>3-5 years</b>	At HCP's discretion; not to exceed 1 mL
<b>6-12 years</b>	2 mL
<b>12+ years</b>	3 mL

Using the provided dropper, give 30 to 60 minutes before bedtime.

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- FREE samples and benefits
- *Children's Sleep and Melatonin* video, with Dr. Zak Zarbock
- Evidence-based melatonin information
- Sleep hygiene tips handout for parents

REFERENCE: 1. Goldman RD, Bongiorno PB, Olcese JM, Witt-Enderby PA, Shatkin JP. Myths and evidence regarding melatonin supplementation for occasional sleeplessness in the pediatric population. *Pediatr Ann.* 2021;50(9):e391-e395. doi:10.3928/19382359-20210823-01

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.