

# Calculus of Jet Lag—Melatonin use

- Dosing 0.5 to 5 mg melatonin equally effective, larger doses are not more effective
- Take melatonin before sleep time at the destination
- 8+ time zones crossed, melatonin should be administered for 2-3 days before the flight
- 7-8 time zones, melatonin on arrival at the destination area is enough
- 5+ time zones, especially east bound, melatonin use is indicated, if previously affected by jet lag
- 2-4 time zones, may also use melatonin if you need it