

Melatonin

Type	Safety	Efficacy	Recommended?
	2	2	
Pharmaceutical	Limited potential for harm	No evidence that it is effective	No

In detail:

Claims for treatment	Melatonin has been suggested as a treatment for tinnitus because of its effects on sleep, blood pressure and antioxidant properties.
What is the treatment?	Melatonin is usually prescribed as a tablet which you take once a day ¹ .
What are the downsides of this treatment?	Melatonin is generally considered safe. However, minor side effects are quite common. It can interact with many other common medications. It may not be suitable for people with liver or kidney problems, or for people with an autoimmune condition (eg rheumatoid arthritis or multiple sclerosis).
Has there been research into this treatment?	Yes there has ² .

Tinnitus UK try very hard to make sure our information is right, but this information should not be taken as medical advice. You should always check with your doctor before trying any tinnitus treatment.

<p>What does the research say?</p>	<p>Because of biases in the evidence base, it cannot be said whether melatonin is effective for tinnitus or not.²</p> <p>Melatonin seems to improve sleep disturbance linked to tinnitus.³</p>
<p>How high quality is the research?*</p>	<p>A</p>
<p>Tinnitus UK's opinion on this treatment:</p>	<p>The evidence levels for melatonin supplementation treating tinnitus are low.</p> <p>Melatonin should only be obtained via prescription and taken under the supervision of a medical professional.</p> <p>Several guidelines recommend against taking this supplement^{4 5}.</p>
<p>Would Tinnitus UK support further studies into this treatment?</p>	<p>Yes.</p>
<p>Comments</p>	<p>Melatonin is only available on prescription in the UK. It is licensed only for treating insomnia in the over 55s¹. The situation may be different elsewhere.</p>

* A = Systematic review/meta analysis. B = Randomised control studies. C = Cohort studies. D = Case control studies. E = case studies/reports. +/- to be used to indicate quality within bands

Tinnitus UK try very hard to make sure our information is right, but this information should not be taken as medical advice. You should always check with your doctor before trying any tinnitus treatment.

For further information

The Tinnitus UK Tinnitus Support Team can answer your questions on any tinnitus related topics:

Telephone **0800 018 0527**
Web chat **tinnitus.org.uk**
Email **helpline@tinnitus.org.uk**
Text/SMS **07537 416841**

We also offer a free tinnitus e-learning programme, Take on Tinnitus at takeontinnitus.co.uk

References

All online references accessed 28 October 2022 unless noted.

1. NHS. *Melatonin for sleep problems*. Available from <https://www.nhs.uk/medicines/melatonin/>
2. Miroddi M, Bruno R, Galletti F, Calapai F, Navarra M, Gangemi S, Calapai G. Clinical pharmacology of melatonin in the treatment of tinnitus: a review. *European Journal of Clinical Pharmacology*. (2015) Mar;71(3):263-70. doi: 10.1007/s00228-015-1805-3. Epub 2015 Jan 20.
3. Coelho C, Tyler R, Ji H, Rojas-Roncancio E, Witt S, Tao P, Jun HJ, Wang TC, Hansen MR, Gantz BJ. Survey on the Effectiveness of Dietary Supplements to Treat Tinnitus. *American Journal of Audiology*. (2016) 25(3): 184-205

4. Cima RFF, Mazurek B, Haider H et al. A multidisciplinary European guideline for tinnitus: diagnostics, assessment, and treatment. *HNO* 67 (Suppl 1), 10–42 (2019). <https://doi.org/10.1007/s00106-019-0633-7>

5. Tunkel DE, Bauer CA, Sun GH, et al. Clinical Practice Guideline: Tinnitus. *Otolaryngology–Head and Neck Surgery*. (2014).151(2_suppl): S1-S40. doi:10.1177/0194599814545325

Feedback

We welcome feedback on all our information.

You can pass your comments to our Communications Team by calling us on **0114 250 9933**, emailing **communications@tinnitus.org.uk** or by writing to us at the address below.

Document information

Author	Nic Wray
Version	2.0
Issue date	October 2022
Review date	October 2025
© Tinnitus UK	



Tinnitus UK

Ground Floor, Unit 5, Acorn Business Park, Woodseats Close, Sheffield S8 0TB
Email **helpline@tinnitus.org.uk**
Helpline **0800 018 0527**
Text/SMS **07537 416841**
Website **tinnitus.org.uk**

Tinnitus UK. Registered charity no: 1011145 | Registered in England | Company limited by guarantee no: 2709302

Tinnitus UK try very hard to make sure our information is right, but this information should not be taken as medical advice. You should always check with your doctor before trying any tinnitus treatment.