



EFFICACY OF MELATONIN AS A TREATMENT FOR REM SLEEP DISORDERS IN ADULTS

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RESUMO

Introduction Rapid eye movement (REM) sleep behavior disorder (RBD) is a parasomnia characterized by dream-enactment behaviors that emerge during a loss of REM sleep atonia, disrupting the normal sleep cycle. RBD can have profound impacts on an individual's overall well-being, causing sleep fragmentation, daytime sleepiness, and even potential safety concerns. Among the various treatment approaches, melatonin has gained attention as a potential therapeutic option for managing REM sleep disorders. Aims The study aims evaluate the therapeutic potential of melatonin as a treatment option in REM sleep disorders. Methods A comprehensive analysis of scientific literature was conducted through a search of MEDLINE and PUBMED databases for studies published in the English language over the last 15 years. The search was limited to adult populations and the terms 'melatonin' and 'REM sleep behavior disorder' were employed. Studies included prospective randomized controlled trials, and prospective and retrospective cohort studies. Initially, 95 abstracts were identified and reviewed, with selected articles read in their entirety. 12 articles were selected for this review. Results In all studies, melatonin supplementation demonstrated significant potential in reducing the frequency of RBD episodes in patients with isolated RBD. In patients with RBD and other neurological disorders, the symptoms were controlled in most patients and no improvement occurred in only one patient. One study found that melatonin improved sleep quality and decreased the intensity of nightmares in individuals with post-traumatic stress disorder (PTSD), contributing to the amelioration of REM sleep disturbances. Conclusion Evidence supporting the efficacy of melatonin therapy is rapidly expanding. Notably, melatonin demonstrates a potential to manage RBD, exhibiting reductions in clinical behavioral outcomes and a decrease in muscle tonicity during REM sleep. Moreover, melatonin presents a favorable safety and tolerability profile compared to the first line therapy, with a reduced risk of drug-drug interactions. While the results are encouraging, individual responses to melatonin and

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potential interactions with other medications require careful consideration. Further research is imperative to determine optimal dosages, treatment durations, and potential long-term effects of melatonin in managing REM sleep disorders. Resumo - Apresentação oral

PALAVRAS-CHAVE: melatonin, REM sleep, REM sleep disorders