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**Treatment Options for Insomnia in Schizophrenia: A Systematic Review.** Despite a very limited number of specific studies on this matter, all 4 studies have shown good benefit/risk ratios and reviewed options- melatonin, paliperidone, and eszopiclone-might represent valid options for residual insomnia in schizophrenia.

**Cited by:** 3 **Author:** Pedro Oliveira, Manuel Coroa, Nuno Madeira  
**Publish Year:** 2019

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Apr 25, 2013 · Research into melatonin regarding schizophrenia has followed two different approaches. The first approach is related to the use of melatonin as a biological marker. The second approach deals with the clinical applications of melatonin as a drug treatment. In this paper, both aspects of melatonin application are reviewed.

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Name of Journal: *World Journal of Psychiatry*

Manuscript NO: 64830

Manuscript Type: SYSTEMATIC REVIEWS

**Therapeutic use of melatonin in schizophrenia: a systematic review**

Therapeutic use of melatonin in schizophrenia

**Abstract**

**BACKGROUND**

Sleep dysfunction is a common problem in people with schizophrenia, and side effects of treatment often exacerbate metabolic and cardiovascular risk and may induce extrapyramidal side effects (EPS). Melatonin (N-acetyl-5-methoxytryptamine) is an endogenously produced hormone which has demonstrated direct and indirect antioxidant and neuroprotective effects. Previous studies have explored the use of exogenous melatonin in improving sleep outcomes in the general population, yet

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Therapeutic use of melatonin in schizophrenia: A systematic review



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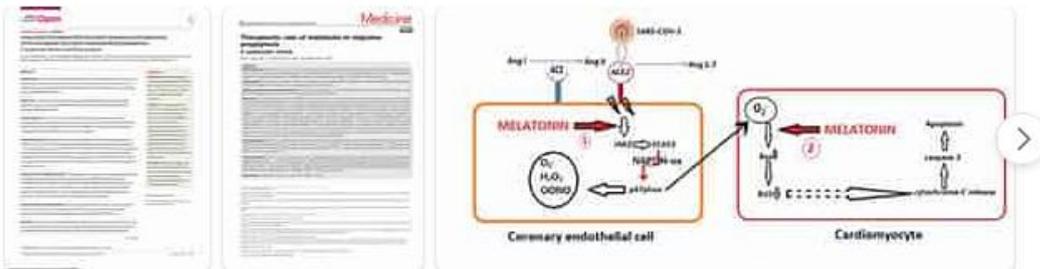
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