After Taking CRA-Melatonin, anticipated to yield a relatively fast onset of sleep while providing sleep maintenance and optimal health.3 In a pooled analysis of 16 studies and over 1 million patients, short sleep durations were associated with a greater risk of morbidity and mortality.7 In terms of preventing health consequences, sleeping 6 to 8 hours per night consistently may provide optimal health outcomes.3

Patients are seeking new therapies that are effective in inducing sleep while also achieving optimal sleep duration without residual effects the next day. Endogenous plasma melatonin levels in healthy humans follow a plasma concentration time curve similar in shape to a flat-topped Mesa Wave.4 However, mimicking this profile is challenging due to release and absorption in the gastrointestinal tract.5 Continuous Release and Absorption Melatonin (CRA-melatonin) (REMfresh) with its Ion Powered Pump (IPP) delivery technology, provides the desired pharmacokinetic (PK) profile (Figure 1) and is anticipated to yield a relatively fast onset of sleep while providing maintenance for up to 7 hours.6 These outcomes support CRA-melatonin as a practical baseline therapy option for patients looking for a hypnotic that has a benign safety and tolerability profile.

**Results**

Survey responses were received from 500 patients in the general population who had taken CRA-melatonin.3 The vast majority (77.6%) of respondents reported sleeping 6 hours or more after taking CRA-melatonin compared with 23.6% before taking CRA-melatonin. The proportion of respondents with 6 hours or more of sleep after taking CRA-melatonin was statistically significantly greater (p < 0.0001) than before taking CRA-melatonin.

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**References**


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**DISCLOSURES**

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