



Since January 2020 Elsevier has created a COVID-19 resource centre with free information in English and Mandarin on the novel coronavirus COVID-19. The COVID-19 resource centre is hosted on Elsevier Connect, the company's public news and information website.

Elsevier hereby grants permission to make all its COVID-19-related research that is available on the COVID-19 resource centre - including this research content - immediately available in PubMed Central and other publicly funded repositories, such as the WHO COVID database with rights for unrestricted research re-use and analyses in any form or by any means with acknowledgement of the original source. These permissions are granted for free by Elsevier for as long as the COVID-19 resource centre remains active.



Contents lists available at ScienceDirect

Sleep Medicine

journal homepage: www.elsevier.com/locate/sleep

Letter to the Editor

Delirium, sleep, COVID-19 and melatonin



Dear Editor, the recent article “Delirium and sleep disturbances in COVID-19: a possible role for melatonin in hospitalized patients?” is quite noteworthy [1]. Zambrelli et al., mentioned that “*Melatonin's safety in doses up to 10 mg has been shown to be very high in ICU patients and should be used in the prevention and treatment of sleep disturbances and delirium in COVID-19.*” [1]. The effect of melatonin on novel coronavirus (COVID-19) infection is a significant issue. In brief, melatonin is effective for reducing anxiety and useful for controlling insomnia. Some recent reports mention the benefit of melatonin in management of COVID-19 [2,3]. Melatonin can help decrease lung fibrosis, which is a significant complication of COVID-19 [2,3]. Therefore, it is recommended that melatonin should be used in any COVID-19 cases regardless of delirium or sleep disturbance.

References

- [1] Zambrelli E, Canevini M, Gambini O, et al. Delirium and sleep disturbances in COVID-19: a possible role for melatonin in hospitalized patients? *Sleep Med* 2020 Apr 17;70:111. <https://doi.org/10.1016/j.sleep.2020.04.006> [Epub ahead of print].
- [2] Zhang R, Wang X, Ni L, et al. COVID-19: melatonin as a potential adjuvant treatment. *Life Sci* 2020 Jun 1;250:117583.
- [3] Shneider A, Kudriavtsev A, Vakhrusheva A. Can melatonin reduce the severity of COVID-19 pandemic? *Int Rev Immunol* 2020 Apr 29:1–10. <https://doi.org/10.1080/08830185.2020.1756284> [Epub ahead of print].

Viroj Wiwanitkit
 Dr DY Patil University, Pune, India
 E-mail address: wviroj@yahoo.com.

Conflict of interest

None declared.

The ICMJE Uniform Disclosure Form for Potential Conflicts of Interest associated with this article can be viewed by clicking on the following link: <https://doi.org/10.1016/j.sleep.2020.05.028>.

6 May 2020

Available online 27 May 2020