

Melatonin is like a magical sleep hormone that helps our bodies know when it's time to sleep. Imagine you have a little helper inside your brain that turns off the lights in your body when it's bedtime. This helper is melatonin! When it starts getting dark outside, like at sunset, a signal is sent to your brain to start making melatonin.

Just like a switch, this melatonin hormone starts to increase in your body, making you feel sleepy and ready for bed. It's like a gentle reminder from your brain telling you, 'Hey, it's time to relax and get some rest.'

When you close your eyes and snuggle into your blankets, melatonin levels keep rising, guiding you into a deep, peaceful sleep. It helps regulate your body's internal clock so you can wake up feeling refreshed and energized the next morning.

As morning comes and the sun rises, the production of melatonin decreases, signaling your body that it's time to wake up and start a new day. This cycle repeats itself every 24 hours, keeping your sleep-wake cycle in harmony.

In summary, melatonin works like a bedtime storyteller in your brain, gently preparing you for sleep as the day ends and waking you up feeling rejuvenated when morning arrives.