

Collecting Salivary Melatonin

Sample Collection Method Overview

✓ Passive Drool

+ Special Considerations

Melatonin can be obtained over the counter as a supplement, and such supplementation should be documented.

Melatonin levels in saliva are highly dependent on a diurnal pattern of melatonin production. Levels are low during daylight hours and may not be detectable within hours of daylight onset. Levels typically rise with dim light onset in the evening. Care must be taken to follow strict guidelines involving multiple samples to use this assay to estimate DLMO.

Avoid foods such as pitted fruit, bananas and chocolate 24 hours before sample collection.

+ Sample Collection (General Procedure)

Before Sample Collection

- Avoid foods with high sugar, acidity, or caffeine immediately before sample collection.
- Document consumption of alcohol, caffeine, nicotine, and prescription/over-the-counter medications within the prior 12 hours.
- Document vigorous physical activity and the presence of oral disease, injury or inflammation.
- Do not brush teeth or eat a major meal within 60 minutes of sample collection.
- Rinse mouth with water to remove food residue and then **wait at least 10 minutes** before collecting saliva.

During Sample Collection

- **Recommended Collection Volume: 225 µl***
- Use a collection device that has been validated for the measurement of this analyte.
- Follow your selected sample collection device/method protocol.

*Add 300 µl to the total volume of all tests for liquid handling

After Sample Collection

- Record the time and date of specimen collection.
- Refrigerate samples immediately (if possible) and freeze at or below -20°C (household freezer) as soon as possible (within 6 hours of sample collection)
- Samples visibly contaminated with blood should be recollected.
- Do not add preservatives to saliva samples unless it has been previously validated with the assay.