Articles identified through Database Searching (n = 557)

Articles after Duplicates Removed (n = 399)

Articles Screened for Inclusion at Level 1 (n = 399)

Articles Excluded (n = 343)

Full Text Articles Screened for Eligibility at Level 2 (n = 56)

Articles Excluded (n = 17)

39 Articles included in Quality Assessment

4 Articles Reporting on Different Outcomes of the Same Study

35 RCTs included in Quality Assessment

Reasons for Excluding Studies
- Intervention not melatonin
- Study design other than an RCT
- Children or elderly population
- Population with pre-existing condition/disease
- Outcome other than sleep-related outcome