



- [Home](#)
- [Archives](#)
- [Calendar](#)
- [My Baby's Graduating!](#)
- [Advertising »](#)
- [About/Contact »](#)
- [FAQ](#)

Search the site for...

[Subscribe Via](#) [RSS](#)

# DAILY NEXUS

UNIVERSITY OF CALIFORNIA, SANTA BARBARA

- [Artsweek](#)
- [Comics](#)
- [Feature](#)
- [Multimedia »](#)
- [News »](#)
- [On the Menu »](#)
- [Opinion »](#)
- [Photo](#)
- [Science & Tech »](#)
- [Sports »](#)

**Categorized |** [featured](#), [Health & Wellness](#), [Science & Tech](#)

Tags : [health](#), [melatonin](#), [metabolism](#), [sleep](#), [wellness](#)

## • Article Tools

- [Facebook](#)
- [Twitter](#)
- [Google Buzz](#)
- [Digg](#)
- [Print](#)
- [PDF](#)
- [E-mail](#)

## Sleep In, Get Thin: Melatonin's Effect On the Metabolism

By [Kiyam Rajabi](#)

Published on May 24, 2011

A series of recent discoveries in Spain suggests that melatonin, the naturally occurring hormone found in animals that is the primary regulator of the sleep cycle, may prevent weight gain and other health complications.

In the University of Granada study published in this year's Journal of Pineal Research, scientists found that lab rats given melatonin supplements lost weight compared to the control group. Furthermore, the group of subjects that received the additional hormone not only experienced weight loss but also exhibited lower blood pressures and cholesterol levels.

In light of the results of the study, researchers have suggested that the melatonin supplements, as well as a melatonin-rich diet, may be effective in preventing obesity and its associated risks.

The link between weight loss and melatonin, as explained by UCSB psychology professor Alan Fridlund, is due to melatonin's role in controlling the body's metabolism.

"Melatonin is an important regulator of brown adipose tissue in mammals, which burns calories by ramping up the body's metabolism," Fridlund said.

In addition, human bodies naturally adjust melatonin production levels in response to changes in light. As nighttime approaches, the body naturally experiences a rise in melatonin levels, and in the morning, a reduction. While production levels are mostly affected by the amount of light in the surroundings, foods that contain melatonin precursors are preferential but not essential for sound sleep. Some natural sources of melatonin include mustard, goji berries, sunflower seeds, almonds and cherries.

