

BOB ICB and Frimley ICB Priorities Committee Clinical Commissioning Policy Statement

Policy Number/ Name	BOBFPC54 Melatonin Treatment in Children
Date of BOB ICB Adoption	January 2024

The BOB ICB and Frimley ICB Priorities Committee has considered the national guidance and evidence for clinical and cost effectiveness of melatonin treatment in children. In line with NICE^{1,1,1} and SIGN¹ guidance, melatonin will only be funded as an intervention for sleep disorders in children with:

- Learning disabilities and challenging behaviour
- Autism
- Children undergoing sleep EEG
- Cerebral palsy

Melatonin will only be funded where the following criteria are met:

- behavioural interventions have been tried and failed
- after consultation with a psychiatrist or a specialist paediatrician for a child or young person with expertise in its use in children with the condition being treated.
- it is used together with non-pharmacological interventions with regular reviews (to evaluate continuing need and ensure that the benefits continue to outweigh the risks)
- prescribing must be in line with local Medicines Optimisation prescribing formulary or guidance, including the choice of melatonin preparation.

There is a lack of evidence of clinical and cost effectiveness to support the use of melatonin in primary sleep disorders. Melatonin is therefore not normally funded for use in children with primary sleep disorders.

NOTES:

- Potentially exceptional circumstances may be considered by a patient's ICB where there is evidence of significant health status impairment (e.g. inability to perform activities of daily living) and there is evidence that the intervention sought would improve the individual's health status.
- This policy was developed and recommended by Thames Valley Priorities Committee which was the predecessor of Buckinghamshire, Oxfordshire, and Berkshire West ICB and Frimley ICB Priorities Committee.
- This policy will be reviewed in the light of new evidence or new national guidance, e.g. from NICE.
- BOBFPC clinical policies can be viewed at [Clinical Commissioning Policy Statements & IFRs | BOB ICB](#)

¹ NICE NG11, 2015: Challenging behaviour and learning disabilities

² NICE CG170, 2013: Autism spectrum disorder in under 19s

³ NICE NG62, 2017: Cerebral palsy in under 25s: assessment and management

⁴ SIGN, 2016: Assessment, diagnosis and interventions for autism spectrum disorders(ASD)

Version	Date	Reason for change
Version 1	February 2017	
Version 1.1	March 2019	Review of NICE guideline [NG62] Cerebral palsy in under 25s: assessment and management (2017) and update to policy
Version 2	November 2022	NICE guideline NG206 - Myalgic encephalomyelitis (or encephalopathy)/chronic fatigue syndrome: diagnosis and management for reviewed. Guideline no longer recommends melatonin for sleep disturbance in people with ME/CFS. Policy updated to reflect this.