

Collecting Salivary Melatonin

Sample Collection Method Overview

- ✓ **Passive Drool**
- ✓ **SalivaBio Swabs**

+ Special Considerations

Melatonin levels in saliva are highly dependent on a diurnal pattern of melatonin production. Levels are low during the day light hours and may not be detectable within hours after daylight onset. Levels typically rise with dimlight onset in the evening.

Care must be taken to follow strict guidelines involving multiple samples to use this assay to estimate DLMO.

+ Sample Collection (General Procedure)

Before Sample Collection

- Avoid foods with high sugar or acidity immediately before sample collection, since they may compromise the assay by lowering saliva pH and increasing bacterial growth.
- Document consumption of alcohol, nicotine, and prescription/over-the-counter medications within the prior 12 hours.
- Melatonin can be obtained over the counter as a supplement, and such supplementation should be documented.
- Document the presence of oral disease or injury.
- Consider documenting parameters to estimate saliva flow rate.
- Rinse mouth with water to remove food residue and **wait at least 10 minutes** after rinsing to avoid sample dilution before collecting saliva.

During Sample Collection

- **Recommended Collection Volume: 225 µl***
- Follow desired sample collection device protocol.

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

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 4 hours of sample collection)
- Samples visibly contaminated with blood should be recollected.
- Do not add sodium azide to saliva samples as a preservative.