



Are natural sleep aids safe?

Many herbal and “natural” sleep supplements are available in stores today. Although they claim to help you sleep without side effects, experts say you should use caution before taking one.

The Food and Drug Administration (FDA) considers these natural remedies to be “dietary supplements.” This means they are not regulated as strictly as medicines. In fact, the companies that make these supplements don’t have to get FDA approval before selling them.

Herbs and supplements can interact with medicines you already take. Be sure to talk with your doctor before taking any natural supplement. And parents should not give any natural supplements to children without first talking with the child’s pediatrician. These supplements can have effects on children’s growing bodies.