NHS
Pan Mersey
Area Prescribing Committee

MELATONIN prolonged-release tablets (Slenyto®) for the treatment of insomnia in children

The Pan Mersey Area Prescribing Committee does not currently recommend the prescribing of MELATONIN prolonged-release tablets (Slenyto®) for the treatment of insomnia in children with neurodevelopmental conditions.

GREY

Slenyto® is a newly licensed melatonin product, available as 1mg and 5mg prolonged-release tablets. It is indicated for the treatment of insomnia in children and adolescents aged 2-18 with Autism Spectrum Disorder (ASD) and / or Smith-Magenis syndrome, where sleep hygiene measures have been insufficient.[1]

This recommendation will be reviewed following a full assessment of the evidence.

In the meantime, prescribers should continue to follow local and national guidance on the treatment of insomnia in children with neurodevelopmental conditions, in line with the Pan Mersey APC formulary:

- NICE Clinical Guideline CG170 Autism spectrum disorder in under 19s: support and management (August 2013)
- Pan Mersey formulary – Melatonin
- Clinical Knowledge Summaries (April 2015): Insomnia

This recommendation also applies to any off-label indications for Slenyto® prolonged-release tablets.

References

1. Flynn Pharma Ltd. Summary of Product Characteristics: Slenyto 1 mg prolonged-release tablets; Slenyto 5 mg prolonged-release tablets, last updated 07 February 2019. Accessed online 05 April 2019.

Note: Patients who are not eligible for treatment under this statement may be considered on an individual basis where their GP or consultant believes exceptional circumstances exist that warrant deviation from the rule of this policy. In this situation, follow locally defined processes.