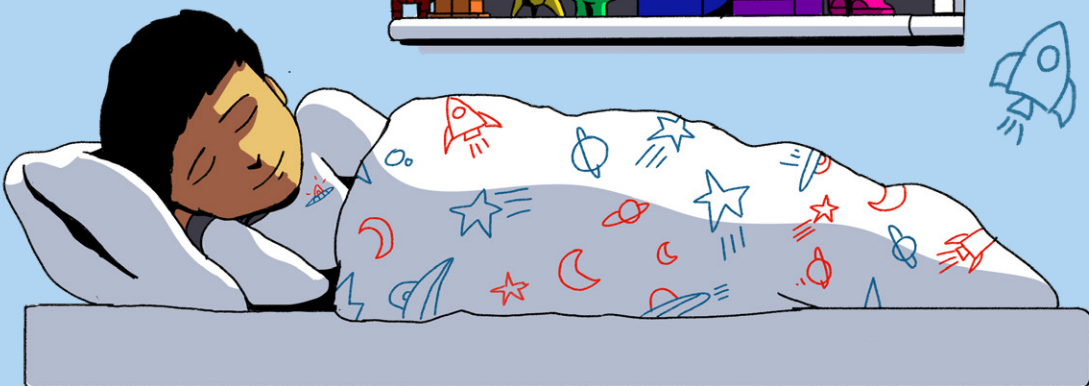


A Guide for  
Parents and Caregivers  
of children prescribed  
Slenyto®



slenyto®

paediatric prolonged-release  
melatonin tablets

You have been given this leaflet because your child has been prescribed Slenyto. Slenyto is used to treat insomnia (sleeplessness) in children and adolescents aged 2-18 years with Autism Spectrum Disorder (ASD) and/or Smith-Magenis syndrome, where sleep hygiene measures (such as a regular bedtime and soothing sleeping environment) have not worked well enough.

This leaflet should be used as a general guide to your child's treatment with Slenyto. It should be read alongside the Patient Information Leaflet found in the medicine box with the tablets. If you have any further questions relating to your child's treatment that cannot be found within this leaflet or the Patient Information Leaflet, please ask your doctor, nurse or pharmacist.



## Sleep problems and autism

Sleep problems are very common in people on the autism spectrum but not all people with autism have sleep problems.

Sleep problems include difficulty falling asleep, waking during the night, erratic/irregular sleep patterns, shorter total sleep, other arousals/disturbances and daytime sleepiness



# Associated factors

There are a number of factors associated with sleep problems in people on the autism spectrum. These include:

The nature of autism itself, including an insistence on routines and learned behaviours

Neurological issues, such as an abnormal circadian rhythm (body clock) and related neurodevelopmental conditions (such as attention deficit hyperactivity disorder)



Medical problems (such as reflux and constipation) and mental health problems (such as stress, anxiety, and depression)

Other problems, including exhaustion and difficulties with learning and memory

Taken together, all of these problems may make it difficult to function properly at home or in school/college.

## What is Slenyto?

Slenyto is a medicine that contains the active ingredient melatonin. Melatonin is a natural chemical that the body makes - it tells the body when to fall asleep and how long to sleep for.

Slenyto tablets release melatonin into the body throughout the night. They are small, odourless and tasteless which should help them to be swallowed.

## What to expect from treatment with Slenyto

The medicine can help your child fall asleep and may help your child sleep for longer during the night.

It is also important to help your child establish good sleep habits as early as possible. These habits include having a regular bedtime and a regular routine before bed and avoiding use of electronic screens before bed. See Further Support section.

You can monitor your child's sleep by keeping a sleep diary. This can either be written or it can be recorded using an app which can be downloaded onto a mobile phone.



SNappD is a simple-to-use sleep and nap diary app that allows you to record sleep statistics and the impact of poor sleep. The app, which is based on a clinically validated questionnaire used by medical researchers and specialist sleep practitioners, can be downloaded from the iOS or GooglePlay app

stores free of charge. Results from the app can be shared electronically with healthcare professionals to help them monitor your child's progress.

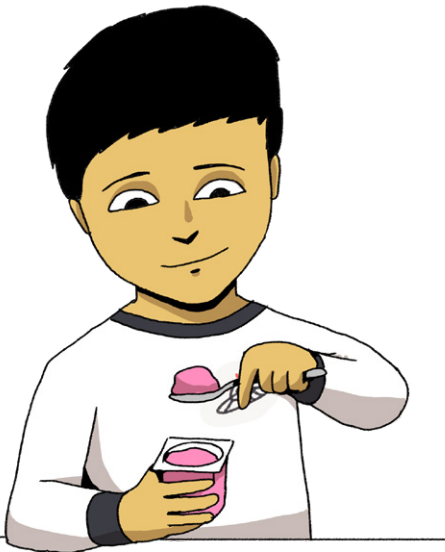




## How is Slenyto taken?

Slenyto should be taken in the evening, **30 to 60 minutes before bedtime** with or after food. The tablets should be swallowed whole and **not** broken, crushed, or chewed.

The whole tablets can be put into food such as yoghurt, orange juice or ice-cream to help with swallowing.



If the tablets are mixed with these foods, they should be given immediately and not left or stored, as this may affect the way the tablets work. If the tablets are mixed with any other type of food, the tablets may not work properly.

Taking any medication regularly plays an important role in the effectiveness of a treatment.

## What will happen if Slenyto is crushed or chewed?

Crushing or chewing damages the special properties of the tablets and means that they will not work properly.

## Reporting side-effects

If your child gets any side-effects, talk to your doctor, pharmacist, or nurse. This includes any possible side-effects not listed in the Patient Information Leaflet inside the pack. You can also report side-effects directly via the Yellow card Scheme at:

<https://yellowcard.mhra.gov.uk/>

## Further support

The National Autistic Society (NAS) produces 'Sleep - a guide for parents of autistic children' which suggests using appropriate stories and visual supports to help children understand the need for sleep. This information can be accessed via:

<https://www.autism.org.uk/advice-and-guidance/topics/physical-health/sleep/parents>

Autism Speaks provides a 'Quick Tips' guide for improving sleep for children with autism including children with limited verbal skills. This information can be accessed via:

<https://www.autismspeaks.org/sites/default/files/2018-09/Sleep%20Quick%20Tips.pdf>

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