LiveGood Sleep Patches: How to Use, Melatonin Dose & Common Questions

LiveGood: Sleep & Calm · https://coachluke.com/docs/livegood-sleep-patches-how-to-use-melatonin-dose-common-questions/

Quick reference for LiveGood Sleep Patches. The full review covers the complete label and the evidence in depth.

How do I use it?

Apply one patch to clean, dry skin with little to no hair (inside of the wrist, hip, shoulder or ankle) about 30 minutes before bed. Remove and throw it away after 8 hours, and never reuse a patch. Each pouch holds 30 patches, a 30-night supply at one patch a night.

What is in each patch?

6 mg of melatonin, 15 mg of valerian root powder, 6 mg of inositol, 5 mg of scullcap, 3 mg of 5-HTP, 2 mg of GABA, 1 mg each of L-theanine, L-tryptophan and organic chamomile, 0.7 mg of lavender oil and 0.35 mg of Cosmoperine (black pepper extract). LiveGood lists them as vegan, gluten free, non-GMO, caffeine free and third-party tested.

Is 6 mg of melatonin a lot?

It is a full dose. Most melatonin studies use 0.5 to 5 mg, and more is not always better. How much of each ingredient actually crosses the skin is not well studied. If you wake up groggy, use the patch only on the nights you really need it.

Why will my patch not stick?

Oils, lotions and creams on the skin weaken the adhesive, so wash and dry the spot first. One reviewer removes the small adhesive mark in the morning with a little coconut oil or face wash.

Who should check with a doctor first?

Skip them if you are pregnant or nursing, and keep them away from children. The patch contains 5-HTP and L-tryptophan, so talk with your doctor first if you take **SSRIs, other antidepressants or any serotonergic medication**, or sedatives. Do not combine with alcohol or other sleep aids, and do not drive after applying one.

How long until I notice anything?

LiveGood says most people start to feel it within about 30 minutes. Judge it over a week of consistent nights alongside a regular bedtime, by how rested you feel in the morning. Results vary.

What if they do not work for me?

Every order carries LiveGood's 90-day money-back guarantee. See the guarantee explained for how it works.

Disclosure: Coach Luke is an independent LiveGood affiliate and may earn a commission on purchases made through links on this site, at no extra cost to you. This is not medical advice.