NP FADY
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Your Light and Timing Map

Map what already happens across a real day — sleep, obligations, light, and dark. This map does not diagnose a circadian disorder or work out a dose, a clock time, or a light window.

Before you use this map. Do not build a light or melatonin plan from this sheet if you are pregnant or breastfeeding, under 18, or living with a seizure disorder, bipolar-spectrum illness, eye disease, migraine triggered by light, or medicines that may interact. Ask a clinician or pharmacist first.

1 **Write what actually happens, not what you are aiming for**

Leave the clinician's column blank until it has been reviewed. Darkness strategies begin only after you are safely home, or while someone else is driving — nothing here should reduce what a driver can see.

Two-hour band	Asleep or awake	Work or school	Brightest light	Dim or dark	Clinician's plan
12–2 a.m.					
2–4 a.m.					
4–6 a.m.					
6–8 a.m.					
8–10 a.m.					
10 a.m.–12 p.m.					
12–2 p.m.					
2–4 p.m.					
4–6 p.m.					
6–8 p.m.					
8–10 p.m.					
10 p.m.–12 a.m.					

Do not change anything just to make the map more interesting. An ordinary week is the useful one.

Education, not medical advice. Evidence and U.S. guidance checked through September 8, 2026. If you are in crisis, call or text 988 or use the 988 Lifeline chat. For an immediate threat to life or a medical emergency, call 911. Outside the United States, use your local crisis or emergency service.

This worksheet accompanies the essay *Melatonin Is a Clock Signal, Not a Sedative*. Clinical review: Fady Boules, PMHNP-BC.

Melatonin is

A hormone signal that can shift circadian timing, and that can make some people feel sleepy.

Melatonin is not

A general bedtime sedative, a diagnosis, a guarantee, or a substitute for evaluating apnea or another sleep disorder.

In the United States melatonin is sold as a dietary supplement. That means the FDA does not review it before sale for identity, purity, or how much is actually in the product. In a 2023 analysis of 25 melatonin gummy products, most did not contain the labeled amount and one contained no detectable melatonin at all. The number on the front of the box is a claim, not a measurement.

Label check

1. Exact product and formulation

Product _____ Form _____

Lot _____ Labeled amount _____

2. Independent testing, if any

Testing body _____ What it covered _____

3. Other active ingredients, including CBD

Entered by the clinician

1. What the plan is for, and what timing signal is intended

2. The plan itself, and the signs that should stop it

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