

[Www.sleeping-with-a-sleeping-disorder.com/melatonin-and-alcohol.html](http://www.sleeping-with-a-sleeping-disorder.com/melatonin-and-alcohol.html)

second, the people in whom she confides must take her symptoms seriously as well, aiding her with treatment and support

www.sleeping-with-a-sleeping-disorder.com/melatonin-and-alcohol.html