

1 mg melatonin schedule

based on natural bedtime of 9:30

date	Nashville time	NY time +1 hr	Spain time +7 hr
4/4	7:30		
4/5	7:00		
4/6	6:30		
4/7	6:00		
4/8	5:30		
4/9	5:00	6:00 pm	
4/10	4:30	5:30 pm	
4/11	4:00		11:00 pm
4/12	3:30		10:30 pm
4/13	3:00		10:00 pm
4/14	2:30		9:30 pm
4/15	2:00		9:00 pm
4/16	1:30		8:30 pm
4/17	1:00		8:00 pm
4/18	12:30		7:30 pm