

**Screened
(n = 144)**

Excluded (not meeting
eligibility criteria)(n=40)

Included (n=104)

**Consent withdrawal
(n=3)**

Randomized (n=101)

Active group (n=51)

Consent withdrawal
(n=1)

Allocated treatment (n=51)
Actigraphic recording n=8
Melatonin assay (n= 23)

Analyzed (n=50)

Placebo group (n=50)

Consent withdrawal
(n=1)

Allocated treatment (n=50)
Actigraphic recordingn=8
Melatonin assay (n= 22)

Analyzed (n=49)

