

# Melatonin supplementation effect on the Induction of labour rates in first-time Mothers: The MyTIME Trial

ACTRN12623000502639

---

Status	RECRUITING
Phase	Phase 3
Sponsor	Curtin University
Enrollment	530 participants

## Plain Language Summary

---

The MyTIME Trial is investigating whether taking a low dose of melatonin — a natural sleep hormone — from 39 weeks of pregnancy can help first-time mothers go into labour naturally, rather than needing labour to be medically induced. Rates of induced labour in Australia have risen substantially, and while induction is sometimes necessary, it carries its own risks and costs.

Melatonin is naturally produced by the body at night and is thought to play a role in triggering spontaneous labour. Modern lifestyles — with more exposure to screens and less darkness — may suppress melatonin production and delay labour onset. Participants in this double-blind trial will receive either 3mg of oral melatonin nightly or a placebo from 39 weeks until labour begins, with neither the participant nor the researcher knowing which they received.

You may be eligible if you are a first-time mother, are 16 or older, are carrying a single baby in the head-down position, have no medical reason to be induced before 41 weeks, and have no known sensitivity to melatonin. Women with pregnancy complications or fetal abnormalities are not eligible.

## Key Eligibility Criteria

---

### Inclusion (1)

- Nulliparous women aged 16 years and over, with a singleton pregnancy in cephalic presentation, without clinical indication for induction, awaiting spontaneous onset of labour, not planning a scheduled birth before 41 weeks unless indicated and able to provide written informed consent to participate in the clinical trial.

### Exclusion (1)

- Women with indications for induction of labour or caesarean section prior to 41 weeks because of medical complications; any fetal congenital abnormality or known fetal compromise that would necessitate admission to NICU after birth; any known sensitivity or adverse reaction to melatonin.

## Locations (2 total)

---

King Edward Memorial Hospital - Subiaco, WA, Australia  
Osborne Park Hospital - Stirling, WA, Australia

---

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12623000502639>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at [anzctr.org.au](https://www.anzctr.org.au). Generated by [ClinicalTrialsFinder.org](https://www.clinicaltrialsfinder.org).