WHAT IS CLONIDINE USED FOR?

Clonidine is a medicine that is prescribed to children to help with:



Difficulty settling to sleep

Frequent waking overnight

Emotional regulation difficulties

Restlessness



Why might it help?

Some children may:

Fall asleep more easily

Settle faster at bedtime

Wake less often overnight

Feel calmer and less physically “wired”

Are there side effects?

Many children tolerate clonidine well, but some common side effects may include:

Sleepiness

Tiredness the next morning

Dizziness

Constipation

Dry Mouth

Frequently Asked Questions



Is clonidine addictive? - No. Clonidine is not considered addictive.

Can clonidine be used with melatonin? - Sometimes. Some children are prescribed both, but this should only be done under medical supervision.

Does clonidine work immediately? - Some children improve within days, but benefits are often clearer over 1–2 weeks.

Clonidine should not be stopped suddenly. The dose should be reduced gradually as advised by your healthcare professional to help prevent withdrawal effects.