



# SLEEP & STRESS TEST REPORT

<b>Patient Name</b> John Doe	<b>Patient</b> JD72378	<b>ID</b> Non-smoker	<b>BMI</b> 21.2 <b>Waist</b> 55 in
<b>DOB</b> 7/23/1978 (46 yrs)	<b>Report Date and Time</b> 5/17/2021 15:00		<b>Medications</b> Progesterone Topical.
<b>Gender</b> M	<b>Received Date and Time</b> 5/11/2021 15:00		
	<b>Specimen Collection Date and Time</b>		<b>Provider ID:</b> 0189
	Saliva Morning 5/6/2021	09:00	<b>AYUMETRIX</b>
	Saliva Noon 5/6/2021	12:00	<b>Ph:</b> 888-362-4321
	Saliva Evening 5/6/2021	16:00	
	Saliva Night 5/6/2021	21:00	

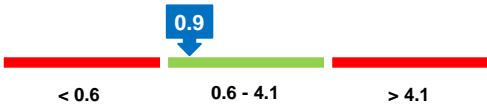
## YOUR TEST RESULTS

█ Normal Range     
 █ Low or High Range     
 █ Your Levels

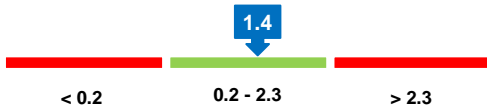
### Cortisol Morning (ng/mL)



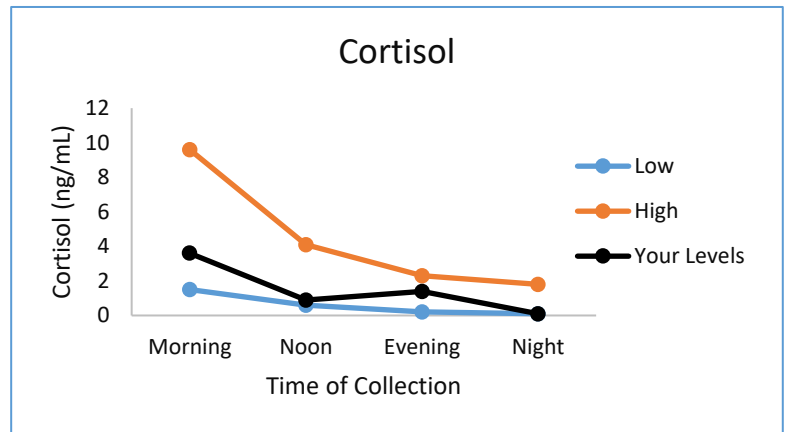
### Cortisol Noon (ng/mL)

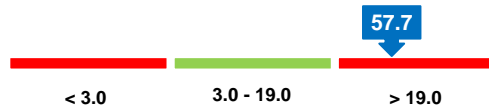
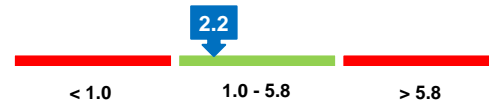
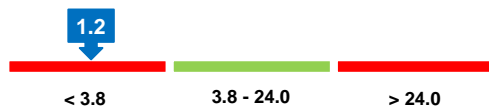


### Cortisol Evening (ng/mL)



### Cortisol Night (ng/mL)



**Melatonin Morning (ng/mL)****Melatonin Noon (ng/mL)****Melatonin Evening (ng/mL)****Melatonin Night (ng/mL)**

## What do your test results mean?

**CORTISOL**

In addition to being called as “the stress hormone”, cortisol helps in proper glucose metabolism, converting sugars into energy. High cortisol levels in men have been associated with hyperglycemia, weight gain, compromised immune function and high blood pressure. Cortisol imbalance is known to result in conditions like irritability, fatigue, depression, foggy thinking, weight gain and bone loss. Stress reducing activities including meditation and breathing exercise have been recommended to relieve stress levels and avoid premature aging.

Good sleep, mild exercise, meditation, adequate nutrition (protein), adrenal extracts, nutritional and herbal supplements (vitamins C, B5, Ginseng, Licorice root etc.) are some of the natural ways to boost adrenal function. Use of products that boost adrenal function should be discussed with a qualified health care provider.

**MELATONIN**

Melatonin is a hormone produced by pineal gland in the brain and plays a significant role in sleep. Melatonin production increases when it is dark and decreases when it is light. Melatonin acts as an antioxidant to help lower the risk of eye diseases.

Low melatonin levels have been known to be associated with excessive fatigue, depression, anxiety and insomnia. Several sleep disorders have been known to be associated with suppressed melatonin production. Stress, smoking, light exposure, shift work and aging all affect melatonin production. Consumption of walnuts, almonds, cherries, bananas, oats and tomatoes has been shown to raise melatonin levels. Melatonin supplements offer high levels of the hormone and can affect salivary melatonin levels and influence sleep patterns.

This report is only for information purpose and does not provide any diagnosis or treatment. There may be many other risk factors that must be considered for a complete assessment of your health. Please consult your healthcare provider to discuss your results and any questions you may have about your wellness. This test was developed and its performance characteristics determined by AYUMETRIX. The laboratory is regulated under CLIA as qualified to perform high-complexity testing.