

ARNTL (Circadian Rhythm)

Gene Report

REPORT CATEGORIES —



HEART & BLOOD VESSELS



SLEEP



BLOOD SUGAR CONTROL



CANCER

Sample Client

Report date: 15 January 2026

Table of Contents

03 How this works

- 04 Impact
- 05 Evidence
- 06 Some things to keep in mind

07 Introduction

08 Your genetics

DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

The [ARNTL](#) gene, also known as *BMAL1*, encodes a protein called ‘*aryl hydrocarbon receptor nuclear translocator-like*’ that binds to [CLOCK](#) to form a complex that activates the expression of multiple genes. This complex is a key regulator of the [circadian rhythm](#) by activating the expression of genes such as [PER1](#), [PER2](#), [PER3](#), [CRY1](#), and [CRY2](#) [R].

Disruptions to the circadian rhythm, often due to shift work, jet lag, light exposure at night, or chronic sleep deprivation can have significant negative effects on health. They have been linked to health problems such as [R, R, R, R, R, R]:

- **Sleep disorders:** individuals with circadian rhythm disturbances often experience insomnia, poor-quality sleep, or excessive sleepiness during the day.
- **Mood disorders:** disruptions in the circadian rhythm have been associated with an increased risk of depression, anxiety, and other mood disorders. This may be due to the impact of circadian misalignment on neurotransmitter systems that regulate mood.
- **Metabolic disorders:** circadian misalignment is linked to an increased risk of obesity, insulin resistance, and metabolic syndrome. The timing of food intake and energy expenditure plays a crucial role in maintaining metabolic health.
- **Cardiovascular health issues:** chronic circadian rhythm disturbances, particularly those seen in shift workers, have been linked to an increased risk of heart disease and stroke.
- **Cognitive decline and neurodegenerative disorders:** disruptions to the circadian rhythm, particularly in older adults, can contribute to cognitive decline, dementia, and Parkinson’s disease.
- **Cancer:** circadian rhythm disruption may increase the risk of some cancer types, especially breast, prostate, and colorectal cancer [R].

In line with this, mutations in the *ARNTL* gene have been associated with infertility, problems with gluconeogenesis and lipogenesis, altered sleep patterns, depression, heart disease, diabetes, and cancer [R, R, R, R].

ARNTL Genetics

The best-researched *ARNTL* polymorphism is [rs2278749](#). Its minor ‘T’ allele has been associated with:

- Increased risk of disturbing dreams [\[R\]](#)
- Increased risk of miscarriages [\[R\]](#)
- Increased risk of Alzheimer’s disease (in [APOE](#) ε4 non-carriers) [\[R\]](#)
- Decreased seasonal variation of energy levels [\[R\]](#)
- Decreased risk of breast cancer in night shift workers [\[R\]](#)

Another variant, ‘T’ at [rs11022775](#), has been associated with an increased risk of type 2 diabetes but a decreased risk of gestational diabetes, dyslipidemia, and high blood pressure [\[R, R, R, R, R\]](#).

The minor ‘A’ allele of [rs2290035](#) has been associated with an increased risk of lung cancer and night shift-associated breast cancer [\[R, R\]](#).

Finally, the ‘T’ allele of [rs6486122](#) has been associated with an increased risk of coronary artery disease and type 2 diabetes, as well as with higher levels of CRP, triglycerides, and testosterone [\[R, R, R, R\]](#).



Predisposed to typical ARNTL genetics based on 4 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
ARNTL	rs11022775	CC
BTBD10	rs2278749	TC
BTBD10	rs2290035	TA
ARNTL	rs6486122	CC

The number of "risk" variants in this table doesn't necessarily reflect your overall result.