

Bipolar Disorder

Disease Report

REPORT CATEGORY —



Sample Client

Report date: 03 September 2025

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Table of Contents

03

Introduction

04

Longevity Screener

05

Your genetics

07

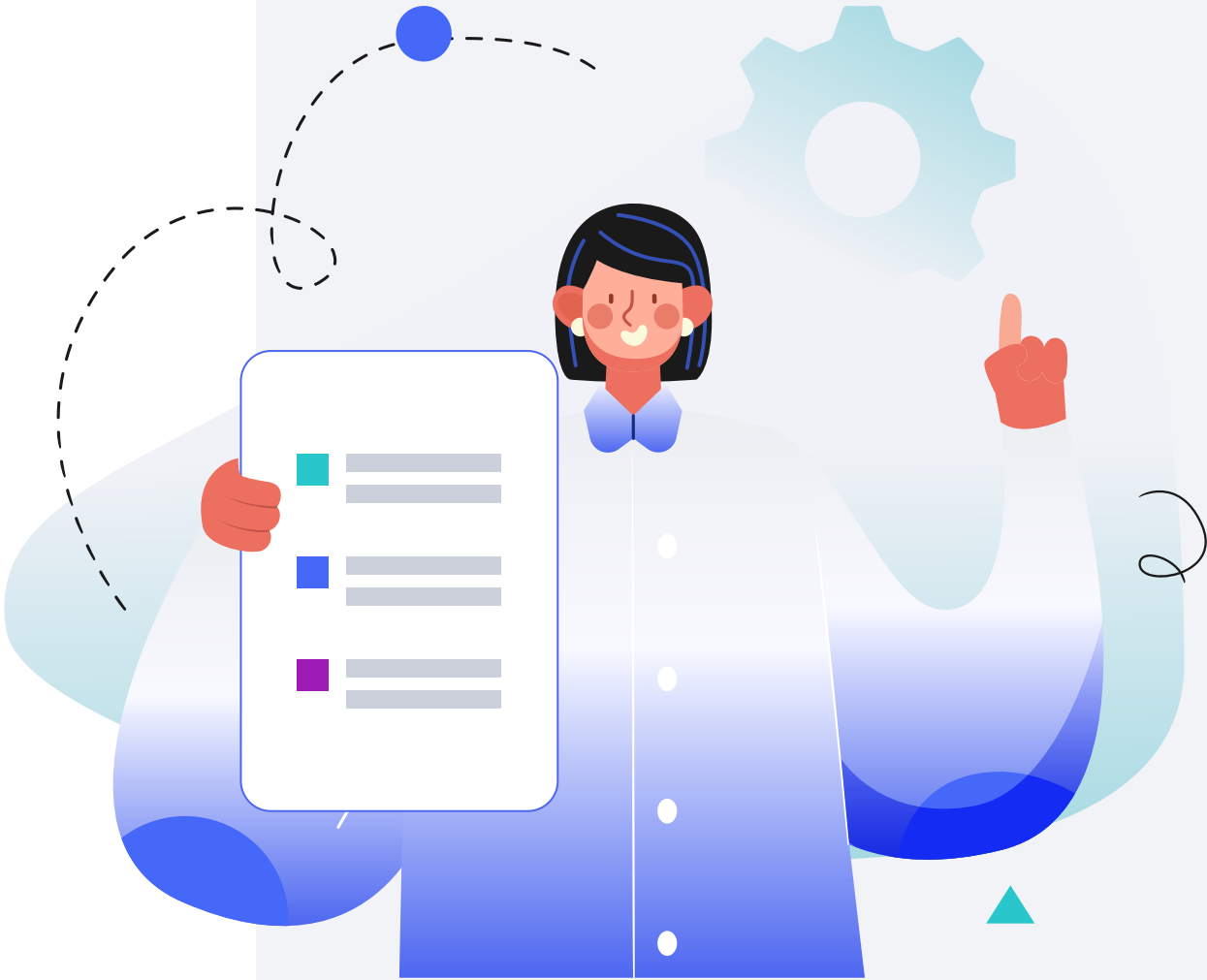
Your recommendations

Personal information

NAME	
Sample Client	
SEX AT BIRTH	
Male	
HEIGHT	
5ft 9"	175.0cm
WEIGHT	
165lb	75.0kg

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.



Introduction

Are you happy one minute but the next, you’re sad? And after that you’re joyful, but then you turn mad?

Mood swings can be tough on you and those around you.

Unfortunately, that’s life for those who deal with constant mood swings. As Frank Sinatra sang, you’re riding high in April, shot down in May! Up and down is just the norm. But wouldn’t it be great if there was a secret to eternal happiness?

Sinatra may have had some extra insight into riding high and being shot down, as he himself reportedly suffered from extreme mood fluctuations [R]!

Recognition of the conditions that contribute to mood disorders is growing, with celebrities like Mariah Carey, Carrie Fisher, and Mel Gibson having shared their experiences of living with bipolar disorder [R].

While there may be no secret to eternal happiness, there may be some mood-stabilizing actions you can take based on information stored in your DNA!

For example, if you carry a certain variant of the [OPRM1](#) gene, you may respond better than others to mindfulness-based talk therapy as a mood-balancing technique [R].

Similarly, exercise may be a better mood stabilizer for those who carry a specific variant of the [BDNF](#) gene! [R, R, R]

Thanks to our DNA, we’re all unique. Something that may work to balance one person's mood may not work for another.

Read on to find out more about:

- How your genetics play a role in bipolar disorder
- Your genetic risk score based on over 1 million genetic variants
- Personalized recommendations based on your genetics

Longevity Screener

Longevity Screener analyzes your DNA and biometric data to holistically determine your risk of developing serious medical conditions.

3x higher risk

Your odds of developing Bipolar Disorder are 3 times higher than someone with Normal risk.

 Your lifetime risk is **High**

 Your 10-year risk is **High**

Summary or results

Your results are indicating a High risk of developing Bipolar Disorder in your lifetime and within the next decade.

Consult with your doctor and monitor your risk by immediately checking your related labs and implementing the recommendations provided.

What to do if you get a High risk

Analyze your labs

Analyze your lab results to establish a baseline and track any changes or improvements in your health markers over time.

Find out your out-of-optimal labs

We will pinpoint any values that fall outside the optimal range, allowing you to focus on what matters most.

Optimize labs

Aim to bring all your lab results to optimal levels through lifestyle changes, treatments, and ongoing monitoring for the best health outcomes.

Disclaimer

The Longevity Screener feature is designed to provide insights based on genetic predispositions and basic health data to help you understand factors that may influence your longevity. This tool is for informational purposes only and does not constitute medical advice, diagnosis, or treatment. Always consult with a qualified healthcare provider before making any decisions related to your health, lifestyle, or medical treatments. The information provided by the Longevity Screener is based on current scientific research and should be used as a supplementary tool in conjunction with professional medical advice.

About Bipolar Disorder

Key Takeaways:

- Up to **80%** of differences in people's chances of developing bipolar disorder may be due to genetics.
- Risk factors: being female, childhood bullying, excessive social media use, stressful events, and alcohol/drug abuse.
- If you have high genetic risk or symptoms, you may want to take action on modifiable risk factors to reduce your overall risk.
- Click the **Recommendations** tab for potential dietary and lifestyle changes and **next steps** for relevant labs.

Anger, sadness, and joy are everyday human experiences. It's normal to feel a wide range of emotions. **However, some people experience extreme changes in emotions that interfere with their lives.** These are called **mood swings**, and they can be a symptom of a deeper problem. **One cause of mood swings is bipolar disorder.** This condition causes mood changes that are severe enough to affect daily life. It can also cause shifts in energy, focus, and ability to perform basic tasks [\[R\]](#), [\[R\]](#), [\[R\]](#).

People with bipolar disorder have periods of high energy and good mood followed by periods of low energy and poor mood. **These 'up' periods are called *manic* episodes, and the 'down' periods are called *depressive* episodes.** Some people experience less extreme highs called ***hypomanic* episodes** [\[R\]](#), [\[R\]](#).

Other conditions that can cause mood swings include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Personality disorders (e.g., borderline personality disorder)
- Premenstrual syndrome (PMS)

About **2-3%** of people may develop some form of bipolar disorder during their lifetime. Most people develop it as teens or young adults [\[R\]](#).

Women are more likely to develop bipolar disorder than men. Other risk factors include [\[R\]](#), [\[R\]](#):

- Childhood bullying



MORE LIKELY

More likely to get bipolar disorder based on **1,044,121** genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
NRN1	rs4960155	CT
DUSP28	rs2953145	CC
DCTN5	rs420259	AA
PSAPL1	rs7683874	AG
THRA	rs2314339	CC
HES6	rs2304672	GG
ARVCF	rs165599	AG
BCR	rs131690	GG
CMTM8	rs4276227	CC
BCR	rs131702	GG
TDRD9	rs11622475	CC
WHRN	rs10982256	TT
SH2B3	rs3847953	CC
MAPK1	rs8136867	AA
TPH2	rs17110747	GG
THRA	rs2071427	CC
CDC25B	rs3761218	TT
POU3F3	rs7570682	AG
HES6	rs2304669	TT
THRA	rs939348	CC

- Excessive social media use
- Stressful or traumatic events
- Alcohol or drug abuse
- **Genetics**

Bipolar disorder can have negative effects on a person's life. It can increase the risk of [\[R\]](#), [\[R\]](#):

- Alcohol or drug abuse
- Other health conditions (e.g., obesity, heart disease, or diabetes)
- Self-harm
- Relationship problems
- Financial issues
- Poor performance at work or school

It is important to work with your doctor and find appropriate ways to manage bipolar disorder.

Management options include [\[R\]](#):

- Medication
- Talk therapy
- Lifestyle changes, such as regular exercise
- Brain stimulation therapies

People with untreated mood disorders are considerably more likely to harm themselves and even die by suicide. If you are diagnosed with a mood disorder, it is essential to follow your doctor's treatment plan [\[R\]](#).

About 80% of differences in people's chances of developing bipolar disorder may be attributed to genetics. Genes involved in bipolar disorder may influence [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Brain activity ([DAOA](#), [BDNF](#), [CACNA1C](#), [SCN2A](#))
- Nerve inflammation ([CD47](#))
- Serotonin levels ([SLC6A4](#))

Genetically high levels of omega-3s may be causally associated with a lower risk of mood swings [\[R\]](#).

GENE	SNP	GENOTYPE
DPP10	rs1375144	GA
TPH2	rs1843809	TT
THRA	rs2269457	TT
PPARGC1B	rs7732671	GC
CHD9	rs1344484	CT
TRIB2	rs4027132	GA
SDCCAG8	rs6703335	GA
CHRNA7	rs6494223	CT
BICRAL	rs6458307	TC
NT5C2	rs11191580	TC
NFIA	rs7556462	TC
CCDC198	rs10134944	TC
CLOCK	rs3805148	CA
CLOCK	rs4864542	GC
NFKB1	rs230529	CT
NPAS2	rs1562313	TC
MANBA	rs230535	CA
ZNF804A	rs1344706	AC
/	rs145410455	GG
SPPL3	rs58235352	GG
SORCS3	rs61867293	CC
MYH15	rs1531188	CC
PLXNB2	rs113872034	GG
EIF3M	rs143864773	TT
OLFM4	rs12552	AA
SOX6	rs977509	CC
RARRES1	rs7430565	GG
EFNA5	rs55993664	CC
SOX5	rs4074723	CC
ENOX1	rs4143229	CA

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

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You'll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE			
1	Psychotherapy	1 hour	2	Avoid Substance Abuse	
3	Sunlight Exposure	20 minutes	4	Sleep for 7+ Hours	
5	Vitamin C	500 mg	6	Cognitive-Behavioral Therapy (CBT)	
7	Methylfolate	400 mcg	8	Omega-3 (Fish Oil)	500 mg
9	Swimming	30 minutes	10	Regular Sleep Schedule	
11	Breathing Techniques	10 minutes	12	Red Light Therapy	20 minutes
13	Cycling		14	Walking	30 minutes
15	Pregnenolone	5 mg			

1



Psychotherapy

IMPACT

5 / 5

EVIDENCE

5 / 5

How to implement

Schedule and attend regular sessions with a licensed psychotherapist, typically once a week for 50-60 minutes, over a period of several months to years depending on your individual needs and progress. Consistency is key, and the duration can vary widely based on personal goals and the type of psychotherapy being practiced.

TYPICAL STARTING DOSE

1 hour

Description

Psychotherapy is a broad term for therapeutic approaches that address mental and emotional health issues through talking and counseling. It can be used to treat a wide range of psychological and emotional challenges.

Psychotherapy (talk therapy) involves talking about your health with a licensed therapist. It may improve the way you react to certain experiences and help reduce stress [\[R\]](#), [\[R\]](#).

Psychotherapy is a great way to improve many conditions, including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Depression
- Anxiety disorders
- PTSD
- OCD
- Weight problems
- Eating disorders

Cognitive-behavioral therapy (CBT) is a type of psychotherapy. CBT aims to change the way you think about your life and yourself. Through CBT, a therapist can help you develop healthy coping mechanisms [\[R\]](#).

How it helps

Experts recommend talk therapy for mental conditions that cause mood swings. It may work best as part of a broader treatment plan [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Talk therapy may help improve the symptoms of bipolar disorder. It may also help people with their daily activities. Forms of talk therapy that may help include:

- **Family-focused therapy** [\[R\]](#), [\[R\]](#)
- **Cognitive-behavioral therapy (CBT)** [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- **Mindfulness-based therapy** [\[R\]](#)
- **Psychoeducation** [\[R\]](#), [\[R\]](#)

 PERSONALIZED TO YOUR GENES

Mindfulness-based talk therapy may significantly improve mood in people with your [OPRM1](#) gene variant [R].

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
OPRM1	rs609148	GA	

2



Avoid Substance Abuse

IMPACT4 / 5

EVIDENCE3 / 5

How to implement

Eliminate the use of illegal drugs, excessive alcohol, and tobacco from your daily routine. Seek professional help if needed to stop substance use and engage in support groups or counseling for sustained recovery. Implement this change permanently for long-term health benefits.

Description

Substance abuse is the excessive use of alcohol or drugs. It can lead to dependence on the substance. Abusing drugs or alcohol can have long-term health and social consequences.

Substance abuse is the excessive use of alcohol or drugs. It can lead to dependence on the substance [R].

Abusing drugs or alcohol can have long-term health and social consequences [R].

How it helps

Heavy drinkers and people who use recreational drugs may be 5 times more likely to develop bipolar disorder [R, R, R, R, R].

High-risk behaviors, such as substance abuse, are also common problems for people with bipolar disorder. These behaviors may lead to earlier disease onset and worse symptoms [R, R, R, R, R, R].

Avoiding alcohol and recreational drugs is recommended for people with mood swings. However, alcohol withdrawal may also trigger mood swings. Therefore, it may be best to quit with a doctor’s help [R, R, R, R].

3



Sunlight Exposure

IMPACT4 / 5

EVIDENCE3 / 5

How to implement

Expose your skin to direct sunlight for about 10-30 minutes several times per week, preferably during midday when the sun is strongest. Adjust duration based on your skin sensitivity and local climate to avoid sunburn.

TYPICAL STARTING DOSE
20 minutes

Description

Sunlight exposure provides the body with essential vitamin D when the skin is exposed to UVB rays. Vitamin D is crucial for bone health, immune function, and mood regulation. It can also help regulate circadian rhythms.

[Sunlight](#) or bright light during the day can benefit your body and mind. It may [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Boost your mood
- Boost your performance and energy
- Improve sleep quality

Experts recommend getting **at least 5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R\]](#), [\[R\]](#).

However, **excessive sun exposure may lead to sunburn, skin aging, and skin cancer**, so make sure to find the right balance [\[R\]](#), [\[R\]](#).

Light therapy is an option when you can’t get sufficient sunlight. It typically involves placing a “light box” nearby for 30 minutes each morning. A light therapy box should [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Provide 10,000 lux of light
- Filter out UV light

How it helps

Exposure to more light during the day is associated with reduced depressive symptoms in people with bipolar disorder [\[R\]](#), [\[R\]](#).

Light therapy alone or with medication may also help. However, it may not be the best option for people with bipolar disorder [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Light exposure may help with mood swings by regulating the body’s internal clock. It may also increase serotonin activity in the brain [\[R\]](#), [\[R\]](#).

Please note: *Excessive sun exposure may lead to sunburn, skin aging, and skin cancer. Make sure to find the right balance. Before trying light therapy, talk to your doctor. Some people may experience symptoms of mania from light therapy* [\[R\]](#), [\[R\]](#), [\[R\]](#).



PERSONALIZED TO YOUR GENES

In people with your [DGKB](#) gene variant, the lack of light exposure may increase the risk of seasonal depression. Light therapy may help with seasonal depression in people with mood swings [[R](#), [R](#), [R](#)].

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
DGKB	rs190675597	GA	

4



Sleep for 7+ Hours

IMPACT3 / 5

EVIDENCE4 / 5

How to implement

Ensure you allocate enough time in your schedule to achieve a minimum of 7 hours of sleep each night. This might involve going to bed earlier or adjusting your evening routine to promote relaxation and make it easier to fall asleep.

Description

Optimizing sleep involves adopting healthy sleep habits and creating a sleep-conducive environment to ensure restorative and sufficient sleep duration. It supports cognitive function, mood stability, and overall physical health. Most experts recommend getting **at least 7 hours of good-quality sleep each night**.

Sleep supports your body and mind [R, R]. More precisely, sleep helps:

- Support brain health [R, R]
- Maintain a healthy weight and appetite [R, R, R]
- Regulate blood pressure [R, R]
- Balance blood sugar [R, R]

Ways to sleep better include [R]:

- Reducing your bright light exposure (screen time) in the evenings
- Sticking to a regular sleep schedule
- Avoiding hunger or large meals before bed
- Avoiding nicotine, caffeine, and alcohol before bed
- Maintaining a sleep area that’s cool, dark, and quiet

How it helps

Sleep issues are common in people with mood swings. Examples include [R, R, R]:

- **Trouble falling and staying asleep**
- **Lower sleep quality**
- **Decreased total sleep time**

The internal clock helps regulate sleep-wake cycles. Problems with this clock may impact the activity of serotonin and dopamine, chemicals that play a role in mood [R].

People who work night shifts are more likely to experience mood swings [R].

Experts agree that people who experience mood swings should pay special attention to their sleep cycle. Establishing a consistent nighttime routine may help increase overall rest [R, R].

 PERSONALIZED TO YOUR GENES

In people with mood swings, your [CLOCK](#) gene variant is linked to sleep issues [\[R\]](#). Take care to improve your sleep quality.

GENE	SNP	GENOTYPE	EVIDENCE
CLOCK	rs1801260	AG	

5



Vitamin C

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Take 500-2000 mg of vitamin C supplement daily. It can be taken at any time of the day, with or without food, according to personal preference or tolerance.

TYPICAL STARTING DOSE

500 mg

Description

[Vitamin C](#) is an essential nutrient. This means that our bodies can’t produce it on their own, so we have to get it from food or supplements [\[R\]](#).

Foods rich in Vitamin C include: [\[R\]](#)

- Citrus Fruits
- Peppers
- Brussel sprouts
- Kiwi
- Broccoli
- Tomato
- Cantaloupe
- Cauliflower
- Spinach

Vitamin C has antioxidant properties. It supports immunity, heart health, and wound healing [\[R\]](#), [\[R\]](#).

Vitamin C deficiency is called *scurvy*. In the past, many sailors suffered from it [\[R\]](#).

How it helps

Low vitamin C levels may be associated with adverse mood effects [\[R\]](#).

Mood swings are a typical symptom of vitamin C deficiency (scurvy), possibly because it increases oxidative damage while decreasing dopamine and serotonin in the brain [\[R\]](#).

Vitamin C may reduce oxidative stress and support the normal production and function of brain messengers [\[R\]](#), [\[R\]](#).

6



Cognitive-Behavioral Therapy (CBT)

IMPACT

3 / 5

EVIDENCE

3 / 5

How to implement

Schedule weekly sessions with a certified cognitive-behavioral therapist for a period of 5 to 20 weeks. Engage actively in exercises assigned by your therapist both during sessions and as homework to apply CBT strategies to daily life.

Description

Cognitive-behavioral therapy (CBT) is a psychotherapeutic approach that has been effective in treating various mental health conditions by helping individuals identify and change negative thought patterns and behaviors. It is widely used for conditions like depression, anxiety, and phobias.

Psychotherapy (talk therapy) involves talking about your health with a licensed therapist. It may improve the way you react to certain experiences [\[R\]](#).

Talk therapy is a great way to improve many conditions, including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Depression
- Anxiety disorders
- PTSD
- OCD
- Substance use disorder
- Bipolar disorder

Cognitive-behavioral therapy (CBT) is a type of talk therapy. CBT aims to change the way you think about your life and yourself. Through CBT, a therapist can help you develop healthy coping mechanisms [\[R\]](#).

How it helps

CBT is one type of psychotherapy that may be useful for bipolar disorder, according to experts [\[R\]](#), [\[R\]](#). CBT for bipolar disorder has shown consistent efficacy in improving the quality of life for patients, reducing the frequency and duration of mood episodes, enhancing compliance with treatment, and decreasing the number of hospitalizations [\[R\]](#).

A study demonstrated that cognitive behavioral group therapy, when combined with pharmacotherapy, improved symptoms of mania, depression, and anxiety in bipolar people, contributing to fewer and shorter mood episodes [\[R\]](#).

CBT has a small but significant effect on depressive symptoms in persons with bipolar disorder. It shows that while CBT is beneficial, the magnitude of its effect varies, indicating the need for individualized treatment plans [\[R\]](#).

7



Methylfolate

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

Take an L-methyl folate supplement (400-800 micrograms daily), ideally with a meal, to improve absorption. This dosage is recommended for adults, including pregnant women, to support overall health, especially to reduce the risk of neural tube defects in developing fetuses. Continue daily use as part of your regular supplement routine.

TYPICAL STARTING DOSE

400 mcg

Description

Folate, a B-vitamin, is crucial for DNA synthesis, cell growth, and the formation of red blood cells. Adequate folate intake supports overall health and reduces the risk of neural tube defects during pregnancy.

[Vitamin B9](#) (*folate*) plays an essential role in [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Making DNA
- Metabolism
- Energy production

SelfDecode recommends L-methylfolate as the preferred folate supplement for those who need one. It is superior to folic acid because it doesn’t require activation, but the research is still ongoing [\[R\]](#), [\[R\]](#).

How it helps

Folate, also known as vitamin B9, helps your brain use chemicals that influence mood, such as serotonin, dopamine, and norepinephrine. Therefore, taking a folate supplement may improve mood swings by helping your brain regulate these important mood-affecting chemicals.

A [meta-analysis of 6 studies and 1241 participants](#) found that patients with bipolar disorder had **significantly lower serum folate levels** [\[R\]](#).

A [meta-analysis of 2 trials and 189 patients with bipolar disorder](#) found that adjunctive folate supplementation **improves the acute phase of mania, but not the depressive phase** [\[R\]](#).

8



Omega-3 (Fish Oil)

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Take 1-2 g of omega-3 (fish oil) supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

500 mg

Description

Omega-3 fatty acids are essential fats found in fatty fish like salmon, flaxseeds, and walnuts. They are known for their potential cardiovascular and brain health benefits, including reducing the risk of heart disease and supporting cognitive function.

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA [\[R\]](#), [\[R\]](#).

Fatty fish are rich in EPA and DHA. They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [\[R\]](#).

How it helps

People with bipolar disorder tend to have lower levels of the omega-3 DHA [\[R\]](#).

Omega-3s (1-2 g/day for 4-12 weeks) may improve depressive symptoms in people with bipolar disorder. However, the evidence is mixed. Also, they may not improve manic symptoms [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Omega-3s may help with mood swings by [\[R\]](#), [\[R\]](#):

- Reducing inflammation
- Supporting brain health

Please note: *Omega-3s can interact with blood thinners (like aspirin, Plavix, Coumadin). Consult your doctor before taking omega-3s* [\[R\]](#).

9



Swimming

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Incorporate swimming into your routine for at least 30 minutes, 3 times a week. Choose a pace and stroke that keeps your heart rate elevated yet allows you to breathe comfortably. Continue this practice regularly for long-term health benefits.

TYPICAL STARTING DOSE

30 minutes

Description

Swimming is a whole-body workout that engages various muscle groups, promoting strength and endurance. It helps keep the heart and lungs healthy, improves flexibility, and can even help reduce stress. Regular swimming is a great way to maintain a balanced, fit, and healthy lifestyle.

How it helps

People with bipolar disorder tend to live sedentary lifestyles. That is, they don’t tend to get up and move around very much [\[R, R\]](#).

Experts recommend regular exercise to help stabilize mood. Light to moderate cardio exercises may be best. These include [\[R, R, R\]](#):

- Jogging
- Brisk walking
- Swimming
- Cycling

As part of a treatment plan for people with bipolar disorder, exercise may improve [\[R, R\]](#):

- Depressive symptoms
- Quality of life
- Daily functioning

Exercise may help with mood swings by [\[R, R\]](#):

- Releasing feel-good chemicals in the brain
- Improving brain health
- Improving sleep quality

Please note: *Intense exercise may trigger or exacerbate mania. Also, people experiencing mania may be more likely to over-exercise. Be careful not to over-exercise* [\[R, R\]](#).

10



Regular Sleep Schedule

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Go to bed and wake up at the same time every day, even on weekends and holidays. This helps regulate your body's internal clock, leading to better sleep quality. Aim for 7-9 hours of sleep per night.

Description

Maintaining a regular sleep schedule involves going to bed and waking up at consistent times each day. This practice helps regulate the body's internal clock and promotes better sleep quality, mood, and cognitive function.

How it helps

Sleep disturbances, including insomnia and irregular sleep-wake schedules, are prevalent in bipolar disorder and may worsen or trigger mood episodes, particularly manic episodes [\[R\]](#).

Studies indicate that variations in sleep patterns, particularly reduced sleep duration and timing, may predict mood swings and episodes of bipolar disorder. Consistent sleep patterns may help reduce the severity and frequency of these mood episodes [\[R\]](#).

Regularizing sleep schedules and addressing sleep disturbances are recommended as part of comprehensive treatment strategies for bipolar disorder. Effective management of sleep not only helps in stabilizing mood but also in enhancing functioning and quality of life [\[R\]](#).

11



Breathing Techniques

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Practice deep breathing exercises for 10 minutes daily, preferably in a quiet space where you won't be disturbed. Sit or lie down in a comfortable position, slowly inhale through your nose, allowing your chest and lower belly to rise, hold the breath for a moment, and then exhale slowly through your mouth or nose. This can be done at any time of day to reduce stress and improve focus.

TYPICAL STARTING DOSE

10 minutes

Description

Breath awareness and specific breathing techniques, such as deep breathing or mindfulness-based practices, can help reduce stress, improve focus, and enhance overall mental well-being. These techniques are valuable tools for managing anxiety and promoting relaxation.

Most breathing techniques involve taking slow and even breaths. Their main goal is to prevent rapid breathing (**hyperventilation**) [\[R\]](#).

Breathing techniques tend to help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Stress
- Anxiety
- Sleep problems
- Asthma

One example is the **Buteyko breathing technique**. It’s often used by people with asthma or other conditions that affect the lungs [\[R\]](#).

Another example is **yogic breathing**. [Yoga](#) is a practice that combines breathing techniques with exercise and meditation [\[R\]](#), [\[R\]](#).

How it helps

Stressful or traumatic events are linked to mood swings. Going through these events may increase the risk of bipolar disorder. They may also worsen the symptoms in those who already have the condition [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

In turn, **people with bipolar disorder may experience more stressful life events. They may also be more sensitive to them** [\[R\]](#).

Relaxation techniques may help with mood swings as part of an overall treatment plan. Examples include:

- Deep breathing [\[R\]](#)
- Yoga [\[R\]](#)
- Meditation [\[R\]](#)

12



Red Light Therapy

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Position yourself or the specific area of your body that needs treatment about 6 inches away from a red light therapy device. Use the device for 10 to 20 minutes daily. It is recommended to continue this daily regimen for at least several weeks to notice benefits.

TYPICAL STARTING DOSE
20 minutes

Description

Red light therapy involves exposure to low-level red or near-infrared light, which may promote skin rejuvenation, reduce inflammation, and improve circulation when used for therapeutic purposes in skin care and wellness treatments.

How it helps

A review of multiple types of light therapy found red light therapy improved depressive symptoms and prevented relapse after sleep deprivation in patients with bipolar disorder [R].

13



Cycling

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Begin cycling with moderate rides to build up your stamina, targeting 2 to 4 times a week for 30 to 60 minutes per session. Ensure your bicycle is the right size and properly adjusted for your comfort. Safety gear, including helmets, is essential. Mix up your routes for interest and challenge, and consider joining a cycling group for social and motivational benefits. Maintenance of your bicycle will ensure a smooth ride and prolong its life.

Description

Cycling is a low-impact, environmentally friendly exercise that offers significant cardiovascular benefits, muscle strengthening, and flexibility improvement. It's suitable for all fitness levels and can be enjoyed both recreationally and competitively. Cycling promotes weight loss, decreases stress levels, and improves joint mobility. It's also a convenient mode of transportation that encourages outdoor exploration and reduces air pollution.

How it helps

People with bipolar disorder tend to live sedentary lifestyles. That is, they don’t tend to get up and move around very much [\[R\]](#) [\[R\]](#).

Experts recommend regular exercise to help stabilize mood. Light to moderate cardio exercises may be best. These include [\[R\]](#) [\[R\]](#) [\[R\]](#):

- Jogging
- Brisk walking
- Swimming
- Cycling

As part of a treatment plan for people with bipolar disorder, exercise may improve [\[R\]](#) [\[R\]](#):

- Depressive symptoms
- Quality of life
- Daily functioning

Exercise may help with mood swings by [\[R\]](#) [\[R\]](#):

- Releasing feel-good chemicals in the brain
- Improving brain health
- Improving sleep quality

Please note: *Intense exercise may trigger or exacerbate mania. Also, people experiencing mania may be more likely to over-exercise. Be careful not to over-exercise* [\[R\]](#) [\[R\]](#).

14



Walking

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Incorporate at least 30 minutes of brisk walking into your daily routine, aiming for a minimum of five days a week. This can be done in one continuous session or broken into shorter periods, such as three 10-minute walks throughout the day.

TYPICAL STARTING DOSE
30 minutes

Description

Walking is a low-impact form of exercise that can contribute to cardiovascular fitness, weight management, and improved overall health. It is used to support physical activity goals, enhance mood, and promote better cardiovascular health.

How it helps

People with bipolar disorder tend to live sedentary lifestyles. That is, they don’t tend to get up and move around very much [\[R, R\]](#).

Experts recommend regular exercise to help stabilize mood. Light to moderate cardio exercises may be best. These include [\[R, R, R\]](#):

- Jogging
- Brisk walking
- Swimming
- Cycling

As part of a treatment plan for people with bipolar disorder, exercise may improve [\[R, R\]](#):

- Depressive symptoms
- Quality of life
- Daily functioning

Exercise may help with mood swings by [\[R, R\]](#):

- Releasing feel-good chemicals in the brain
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15



Pregnenolone

IMPACT2 / 5

EVIDENCE1 / 5

How to implement

Consult your doctor about optimal dosage and precautions before taking pregnenolone.

TYPICAL STARTING DOSE

5 mg

Description

Pregnenolone is a steroid hormone produced by the body, often considered a precursor to other hormones like estrogen and testosterone. It may support cognitive function and mood.

How it helps

Pregnenolone is a substance our bodies naturally produce that is used to make hormones like cortisol, progesterone, and DHEA, which are involved in managing stress and mood regulation. So, supplementing with pregnenolone may help regulate and stabilize your mood swings by ensuring your body has the necessary resources to produce these essential hormones.

A randomized, double-blind, placebo-controlled trial of 80 people with depression in bipolar disorder found that pregnenolone (titrated to 500 mg/day for 12 weeks) as add-on therapy **increased depression remission rates (61%) compared with the placebo (37%)**, as assessed by the Inventory of Depressive Symptomatology-Self-Report (IDS-SR) ($\chi^2(1)=3.99$, $p=0.046$), but not the Hamilton Rating Scale for Depression (HRSD) [\[R\]](#).

In another randomized placebo-controlled trial with 70 participants with bipolar disorder or recurrent major depressive disorder and a history of substance abuse/dependence, pregnenolone (titrated to 100 mg/day for 8 weeks) **reduced the Hamilton Rating Scale for Depression (HRSD) and Young Mania Rating Scale (YMRS) and improved manic symptoms**, but not cognition in depressed patients with a history of substance use [\[R\]](#).

Please note: *Pregnenolone may interact with some medications such as benzodiazepine sedatives, especially when consumed for an extended time. Talk to your doctor before taking pregnenolone* [\[R\]](#).