

Delirium

Disease Report

REPORT CATEGORY —



Sample Client

Report date: 15 January 2026

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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

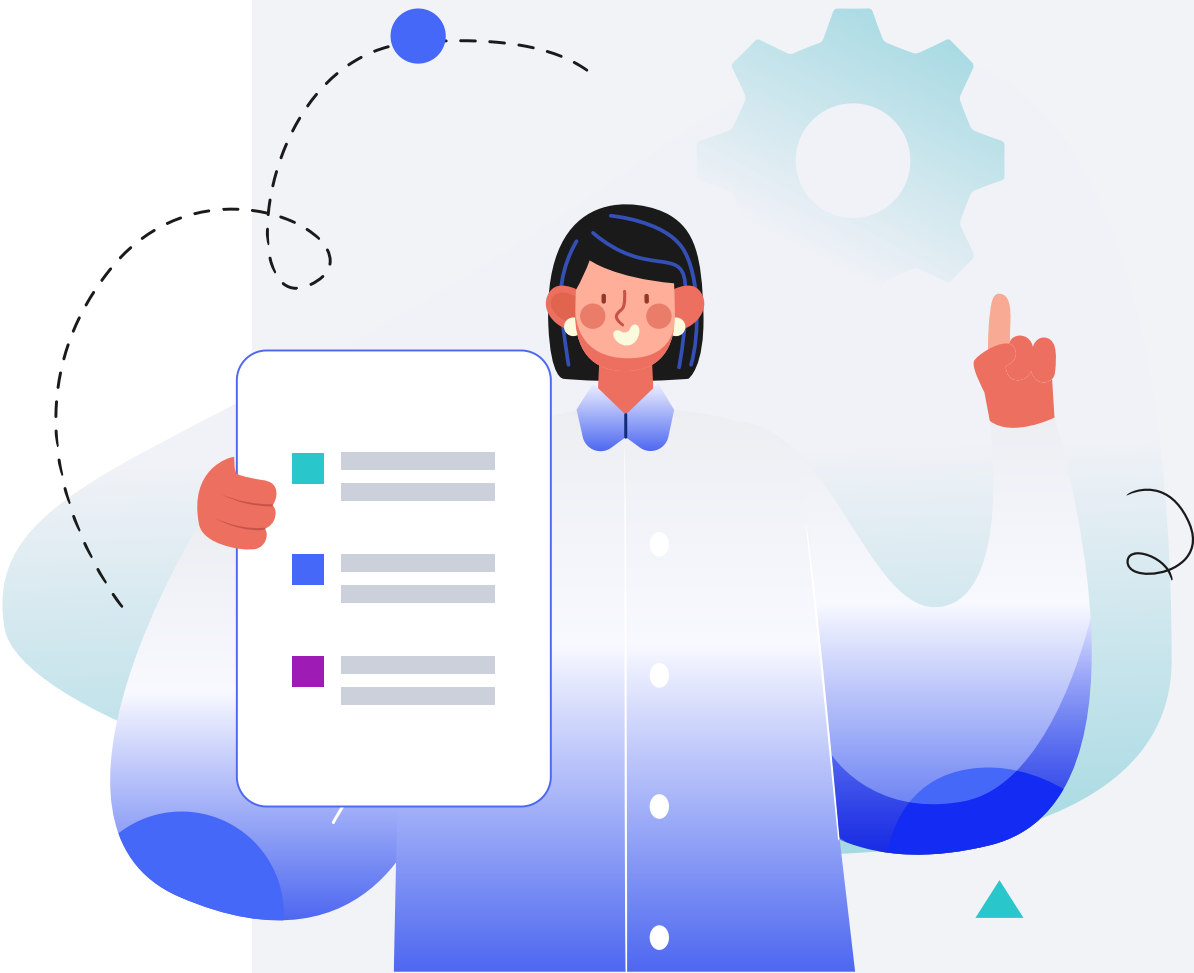
Male

HEIGHT

5ft 5" 165cm

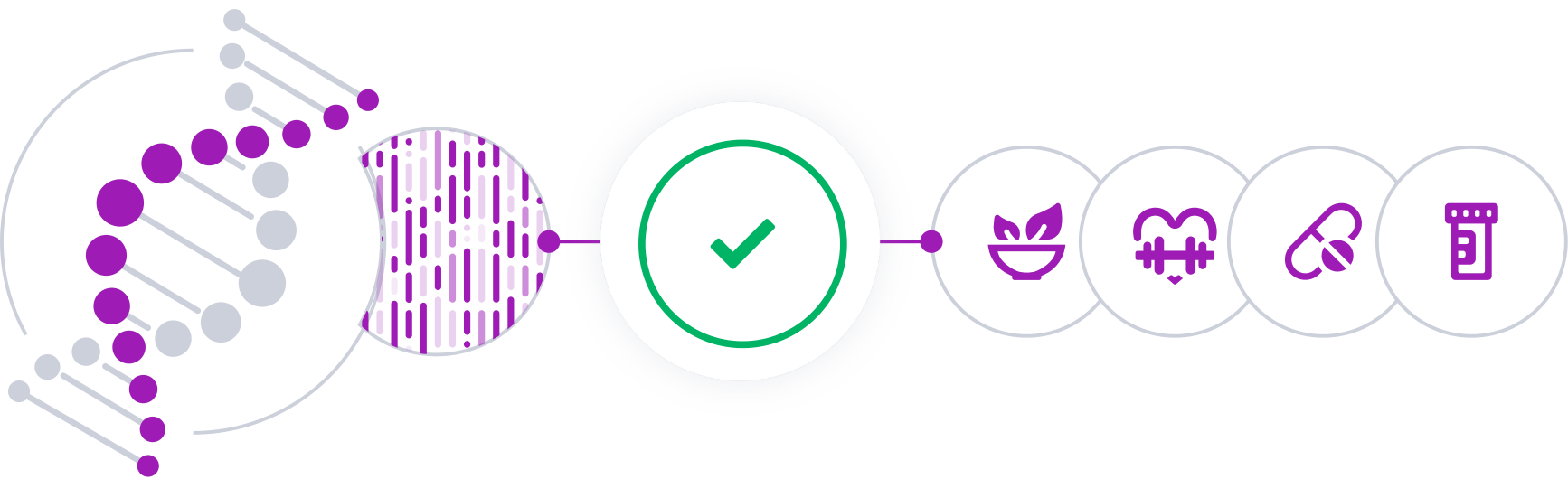
WEIGHT

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.

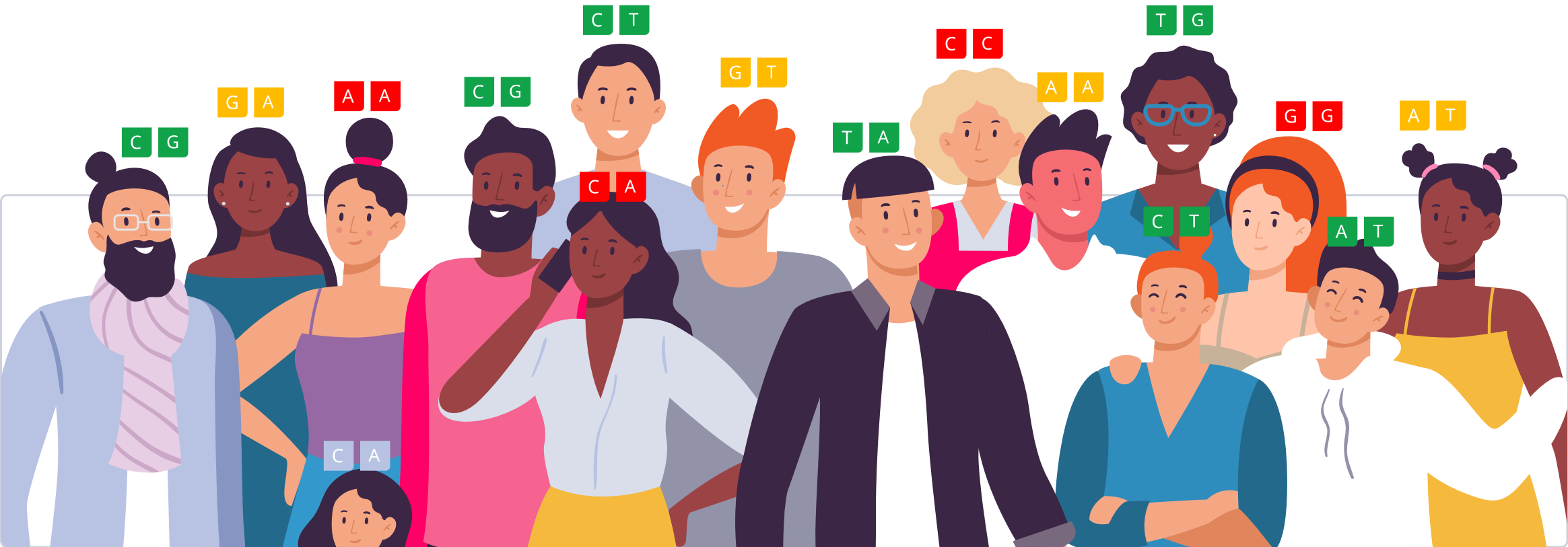


Similarly, our Trait Reports look at how your DNA influences your traits.



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

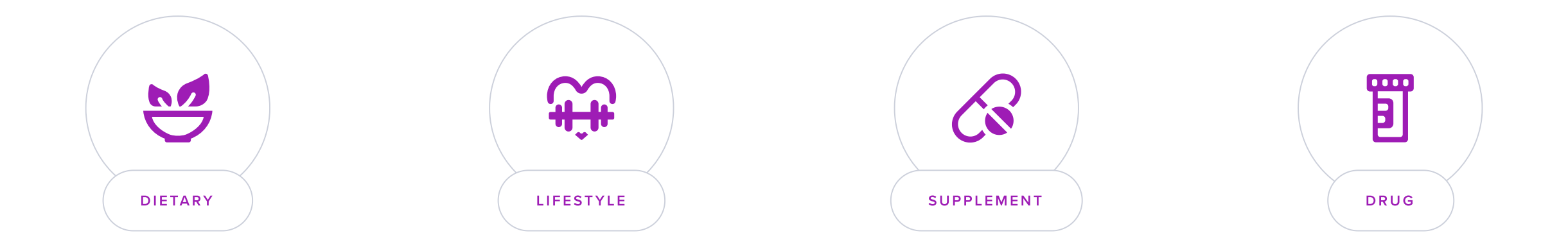
You have 2 risk alleles

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

Delirium is an acutely disturbed state of mind that is characterized by a rapid onset of confusion, alterations in attention, and sometimes hallucinations. It represents a serious change in brain function that results in mental confusion and emotional disruption.

This condition often affects elderly individuals but can also occur in younger populations during or after surgery, with acute illness, or with drug intoxication or withdrawal. Delirium is commonly reversible but is often an indication of an underlying illness.

Symptoms and Management

Symptoms of delirium are diverse and can include memory deficits, disorientation, language disturbance, and disturbances in the sleep-wake cycle. These symptoms typically fluctuate over the course of the day, with periods of lucidity followed by increased confusion.

Delirium is not only distressing for the patient but also for caregivers and family members, necessitating a careful multi-disciplinary approach for its management and treatment. Prompt recognition of delirium is critical, as it may be the only outward sign of a potentially life-threatening underlying condition.



LESS LIKELY

Less likely to have delirium based on 1,673 genetic variants we looked at

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	Melatonin	500 mcg	2	Magnesium Sulfate	200 mg
3	Regular Sleep Schedule		4	Avoid Sensory Triggers	
5	Zinc	15 mg	6	Vitamin B12	100 mcg
7	Probiotic Yogurt		8	Thiamine Supplements	100 mg
9	Sleep for 7+ Hours				

1



Melatonin

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 500 mcg of melatonin orally, about 30 minutes before bedtime, to help with sleep. It can be taken daily as needed.

TYPICAL STARTING DOSE

500 mcg

Description

Melatonin is a natural hormone produced by the pineal gland in the brain that helps regulate the sleep-wake cycle. It plays a crucial role in promoting sleep onset and maintaining a consistent sleep pattern, making it a commonly used supplement for managing sleep disorders and jet lag.

[Melatonin](#) is an important sleep hormone. Bright light at night may prevent your body from making enough melatonin [\[R, R, R\]](#).

Your body makes melatonin on its own. However, some people take melatonin supplements to help them sleep. It may help with jet lag in particular [\[R, R, R\]](#).

How it helps

Melatonin is naturally produced by the brain and helps regulate sleep. In people with delirium, especially in the elderly and critically ill, sleep patterns are often disrupted. Supplementing with melatonin can help improve sleep quality and potentially reduce the severity and duration of delirium by easing sleep disturbances and resetting the sleep-wake cycle.

Limited evidence from three RCTs and six observational studies suggests melatonin and ramelteon may reduce delirium duration in 1211 patients. Melatonin reduces delirium incidence significantly, while ramelteon shows no efficacy, caution advised. Neither prevents delirium in elderly. Meta-analyses show melatonin and ramelteon decrease postoperative delirium in adults, with higher doses enhancing efficacy. Perioperative melatonin doesn't significantly reduce delirium compared to placebo. Melatonin may decrease delirium in elderly medical wards. Exogenous melatonin in ICU patients may reduce delirium prevalence and shorten ICU stays. [\[R, R, R, R, R, R, R, R\]](#).

2



Magnesium Sulfate

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 200-400 mg of magnesium sulfate orally with water once daily, ideally in the evening or as directed by your healthcare provider. Continue this supplementation as recommended by your healthcare provider, often for several weeks to months for optimal benefits.

TYPICAL STARTING DOSE
200 mg

Description

Magnesium sulfate, also known as Epsom salt, is used in baths and topical applications to soothe sore muscles, alleviate stress, and promote relaxation. It is believed to be absorbed through the skin, providing a calming effect on muscles and the nervous system.

How it helps

In a non-placebo-controlled trial of 80 patients with non-alcoholic delirium, supplementing standard sedation with sulfate magnesium reduced the duration of delirium. Sulfate magnesium was most effective when combined with dexmedetomidine [\[R\]](#).

3



Regular Sleep Schedule

IMPACT

0 / 5

EVIDENCE

0 / 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

Having a consistent sleep routine can improve sleep quality and reduce the likelihood of delirium, which is often triggered by sleep disturbances.

4



Avoid Sensory Triggers

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Identify and keep a record of situations, environments, or objects that trigger unwanted sensory responses, such as bright lights for migraines or loud noises for auditory sensitivities. Actively avoid these triggers whenever possible, such as wearing sunglasses in bright environments or using noise-cancelling headphones in loud places. Implement these strategies consistently to minimize exposure to the identified triggers.

Description

Recognizing and avoiding sensory triggers, such as bright lights or loud noises, can help individuals with sensory processing issues manage their environment and reduce sensory overload and potential symptoms.

A "trigger" is something that prompts or worsens the symptoms of a health condition.

A number of things that you see, hear or smell may be sensory triggers [\[R\]](#), [\[R\]](#).

For example, looking at a digital screen for too long may trigger symptoms in some people. These include [\[R\]](#), [\[R\]](#):

- Tired, itchy eyes
- Blurred vision
- Headache

How it helps

Reducing exposure to sensory triggers such as loud noises and bright lights can help prevent or lessen the symptoms of delirium.

5



Zinc

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 15 mg zinc supplement daily, ideally with a meal to enhance absorption.

TYPICAL STARTING DOSE

15 mg

Description

Zinc is an essential mineral found in various foods, including meat, dairy, and nuts. It is crucial for immune function, wound healing, DNA synthesis, and maintaining healthy skin and nails. Zinc supplements are sometimes used to support immune health and manage zinc deficiencies.

[Zinc](#) is an essential mineral. Your body needs it to [\[R\]](#), [\[R\]](#):

- Defend against disease
- Protect DNA from damage
- Heal wounds
- Control blood sugar

Some of the best sources of zinc include **shellfish, pork, beef, and beans**. It is also available as a supplement [\[R\]](#).

Adults should get **8-11 mg of zinc** per day [\[R\]](#).

How it helps

Zinc has a crucial role in brain function and has been studied for its potential benefits in improving cognitive function and reducing the duration of delirium in hospitalized patients. Zinc supplementation could support brain health and thereby influence the improvement of delirium symptoms.

6



Vitamin B12

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 50 mcg vitamin B12 supplement daily, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

100 mcg

Description

Vitamin B12 is a water-soluble vitamin primarily found in animal-based foods like meat, fish, and dairy products. It plays a crucial role in maintaining healthy nerve cells, DNA synthesis, and red blood cell formation. Vitamin B12 deficiency can lead to anemia, neurological issues, and fatigue.

[Vitamin B12](#) is important for [\[R\]](#), [\[R\]](#):

- Building DNA
- Nervous system function
- Energy production

You can get vitamin B12 from [\[R\]](#):

- Animal products (meat, fish, eggs, and dairy)
- Fortified foods
- Supplements

Adults should be getting **2.4 micrograms** of vitamin B12 every day [\[R\]](#).

How it helps

Vitamin B12 is crucial for brain health and a deficiency can lead to neurological issues including delirium; supplementation can help maintain cognitive function.

7



Probiotic Yogurt

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume one to two servings of probiotic yogurt each day. Each serving is typically 6 to 8 ounces. Continue this practice daily for at least 1 to 2 weeks to begin noticing benefits to digestive health.

Description

Probiotic yogurt is a dairy product containing live probiotic cultures like Lactobacillus and Bifidobacterium, which can aid digestion and improve gut health when consumed regularly. It is a good source of calcium, protein, and probiotics, contributing to bone health and digestive well-being.

How it helps

Probiotic yogurt may help in the management and prevention of delirium by promoting gut health. A healthy gut microbiota is linked to improved brain function and may reduce the incidence of delirium, especially in critically ill or older patients. This benefit is likely due to the role of gut bacteria in regulating inflammation and neurotransmitter function, which are both implicated in delirium.

8



Thiamine Supplements

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take thiamine supplements orally, starting with a dose of 100 mg daily. This can be taken with or without food, but consistently at the same time each day for at least one month to help improve deficiency symptoms.

TYPICAL STARTING DOSE

100 mg

Description

Your doctor may recommend thiamine supplements. You can also discuss magnesium supplements with your doctor if your magnesium levels are low [\[R\]](#).

How it helps

Thiamine supplements can help reduce the risk of delirium, especially in individuals with a deficiency, as thiamine is essential for proper brain function.

9



Sleep for 7+ Hours

IMPACT

0 / 5

EVIDENCE

0 / 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

Adequate sleep is essential for brain function. Ensuring 7+ hours of sleep can help maintain cognitive balance and reduce the risk of delirium.

Next Steps

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

	Urea	30.5 mg/dL		9 Nov 2025
	Calcium, Ionized	1.1 mmol/L		9 Nov 2025
	Vitamin B12	687 pg/mL		9 Nov 2025
	Sodium	137 mmol/L		9 Nov 2025
	Magnesium	2.17 mg/dL		9 Nov 2025
	Potassium, Serum	5.2 mmol/L		9 Nov 2025
	Calcium	9.2 mg/dL		9 Nov 2025
	BUN	14 mg/dL		9 Nov 2025