

Mania

DNA Health Report

REPORT CATEGORY —



Sample Client

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Table of Contents

03 How this works

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

07 Introduction

08 Your genetics

09 Your recommendations

23 Next Steps

- 23 Your Lab Results

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

Mania is a mood disorder characterized by abnormally elevated energy, excitement, and irritability.

Signs and symptoms of mania include:

- Increased energy and activity
- Racing thoughts
- Talkativeness
- Irritability
- Grandiosity
- Decreased need for sleep
- Poor judgment
- Risky behavior

Risk Factors and Management

Risk factors for mania include:

- Bipolar disorder
- Family history
- Stress
- Drug use
- Sleep deprivation

Treating mania typically involves a combination of medication, psychotherapy, and lifestyle adjustments. Mood stabilizers such as lithium, anticonvulsants like valproate or carbamazepine, and atypical antipsychotics are often prescribed to manage manic episodes and prevent their recurrence. Psychotherapy, particularly cognitive-behavioral therapy (CBT) or psychoeducation, can help individuals recognize triggers, develop coping strategies, and improve insight into their condition. In acute situations, hospitalization may be necessary for safety and stabilization.

Additionally, maintaining a regular sleep schedule, avoiding drugs and alcohol, and reducing stress through relaxation techniques or mindfulness practices can complement medical treatment in managing manic symptoms.



MORE LIKELY

More likely to experience mania based on 12,980 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	Aerobic Exercise (Cardio)	1 hour	
2	Yoga	30 minutes	
3	Blue-Blocking Glasses		
4	BCAAs (Branched-Chain Amino Acids)	5 g	
5	Tryptophan	500 mg	
6	Lecithin	7 g	
7	Omega-3 (Fish Oil)	2000 mg	
8	Exercise At Least One Hour a Day	1 hour	
9	Cognitive-Behavioral Therapy (CBT)		
10	Mindfulness-Based Cognitive Therapy (MBCT)	2 hours	
11	N-acetylcysteine (NAC)	1200 mg	
12	Regular Sleep Schedule		
13	Sleep for 7+ Hours		

1



Aerobic Exercise (Cardio)

IMPACT2 / 5

EVIDENCE3 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

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

Exercise may help 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* [\[R\]](#), [\[R\]](#).

2



Yoga

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE
30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

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

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 yoga [\[R\]](#).

3



Blue-Blocking Glasses

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Wear blue-blocking glasses starting two to three hours before bedtime every night to help improve sleep quality by reducing blue light exposure from screens and indoor lighting.

Description

Blue-blocking sunglasses help reduce exposure to blue light emitted by screens and artificial lighting, potentially improving sleep quality and reducing eye strain. Wearing them in the evening can promote better circadian rhythm regulation and overall eye comfort.

How it helps

From 2012 to 2015, bipolar manic patients aged 18-70 in Norway wore blue-blocking (BB) glasses from 18:00 to 08:00 for seven nights, compared to a placebo group. The BB group showed significantly higher sleep efficiency on the 5th night (92.6% vs. 83.1%) and fewer interrupted sleep nights (29.6% vs. 43.8%). They required less sleep-promoting medication, indicating BB glasses' potential for improving sleep in hospitalized manic patients [\[R\]](#).

A single-blinded, randomized, placebo-controlled trial in Norway recruited bipolar manic patients aged 18-70. Participants wore blue-blocking (BB) glasses or placebo glasses from 6 p.m. to 8 a.m. for 7 days alongside standard treatment. BB glasses significantly reduced Young Mania Rating Scale (YMRS) scores (effect size of 1.86) compared to the placebo group. Side effects were minimal. This study suggests that BB glasses are effective as an adjunct treatment for bipolar mania [\[R\]](#).

4



BCAAs (Branched-Chain Amino Acids)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a BCAA supplement that provides about 5-10 grams of branched-chain amino acids, divided into 2-3 doses per day, preferably around your workout times or between meals. This regimen can be followed daily, especially on training days for muscle support and recovery.

TYPICAL STARTING DOSE

5 g

Description

BCAAs, or **branched-chain amino acids**, are a group of three essential amino acids: **leucine**, **isoleucine**, and **valine**. They are found in dietary protein sources, especially meat, dairy, and legumes.

BCAAs, or **branched-chain amino acids**, are a group of three essential amino acids: **leucine**, **isoleucine**, and **valine**. They are found in dietary protein sources, especially meat, dairy, and legumes [R].

BCAAs play a vital role in protein synthesis, muscle growth, and energy production. People use BCAA supplements to support exercise and muscle performance, liver health, and more [R, R].

How it helps

In a placebo-controlled trial of 25 patients with mania, supplementation with BCAAs (60 g/day) for 7 days acutely improved manic symptoms [R].

Please note: *There is not enough safety data for long-term BCAA supplementation at doses above **12 g/day**. Increased BCAA intake may be linked to type 2 diabetes* [R].

5



Tryptophan

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 500 mg of tryptophan supplement daily. This dosage can be taken all at once, preferably before bedtime to support sleep, or as directed by a healthcare professional.

TYPICAL STARTING DOSE

500 mg

Description

Tryptophan is an essential amino acid found in various protein-rich foods. It serves as a precursor for serotonin, a neurotransmitter that plays a role in mood regulation. Tryptophan is used in dietary supplements to potentially support mood and sleep disorders, although its effectiveness can vary among individuals.

[Tryptophan](#) is an amino acid. Your body uses it to make proteins and some hormones. **Humans can’t make tryptophan, so we need to get it from protein-rich foods** [\[R, R\]](#).

Your body uses tryptophan to make [serotonin](#) and [melatonin](#). **These brain chemicals are important for mood and sleep** [\[R, R\]](#).

An average adult needs at least **250-425 mg** of tryptophan per day, which is the amount you can get from [\[R\]](#):

- A pound of turkey or chicken
- Two cups of milk
- An ounce of canned tuna
- Two cups of oatmeal

Other foods high in tryptophan include **cheddar cheese, peanuts, pumpkin seeds, and seafood**. Most people get enough tryptophan from their diets, but supplements are also available [\[R, R\]](#).

How it helps

In a 2-week study with 24 manic patients, half were treated with L-tryptophan for the first week, while the other half received a placebo. Those who continued with tryptophan had stable symptom scores, but the group that switched to placebo showed a trend towards increased symptoms. Plasma tryptophan levels increased in men but not in women. These findings indicate that boosting serotonin synthesis may have a therapeutic effect on mania. [\[R\]](#)

6



Lecithin

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take 1-2 tablespoons (7-14 grams) of lecithin granules or powder daily, or as directed on the supplement label. You can mix it with food or juice to improve palatability. For lecithin capsules or softgels, follow the dosage recommendation on the product label, typically 1-2 capsules daily with meals.

TYPICAL STARTING DOSE

7 g

Description

Lecithin is a natural emulsifier often used as a dietary supplement. It may support liver health and cognitive function due to its choline content, which is a precursor to neurotransmitters and involved in fat metabolism.

How it helps

A double-blind, placebo-controlled trial assessed pure lecithin's efficacy in mania treatment. Lecithin showed superiority over placebo in five out of six patients, remaining nontoxic. Concurrent anticholinergic use didn't hinder its effect [\[R\]](#).

7



Omega-3 (Fish Oil)

IMPACT

0 / 5

EVIDENCE

0 / 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

2000 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

Omega-3 fatty acids have been found effective in stabilizing mood and reducing the severity of manic episodes. They help maintain neuronal membrane fluidity and influence neurotransmission.

8



Exercise At Least One Hour a Day

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Dedicate a minimum of 60 minutes to moderate-intensity activities such as brisk walking, swimming, or cycling. Do this most days of the week, aiming for at least 5 days to optimize benefits.

TYPICAL STARTING DOSE

1 hour

Description

[Exercise](#) can do wonders for your health. It can help you lose weight, improve your heart health, boost your mood, and more [\[R\]](#).

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

Regular exercise helps regulate neurotransmitters and hormones that influence mood, providing a stabilizing effect which can be beneficial in controlling manic episodes.

9



Cognitive-Behavioral Therapy (CBT)

IMPACT

0 / 5

EVIDENCE

0 / 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 helps by addressing negative thought patterns and behaviors, which can stabilize mood swings and reduce the intensity of manic episodes.

10

Mindfulness-Based Cognitive Therapy (MBCT)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in an 8-week course of Mindfulness-Based Cognitive Therapy (MBCT), which typically includes weekly group sessions (each lasting about 2 hours), daily homework practices (about 1 hour per day), and one all-day session after the fifth week. Sessions are led by trained instructors and focus on mindfulness meditation practices and cognitive behavioral exercises.

TYPICAL STARTING DOSE

2 hours

Description

Mindfulness-Based Cognitive Therapy (MBCT) is a therapeutic approach that combines mindfulness practices with cognitive-behavioral techniques to help individuals manage and prevent recurring episodes of depression and anxiety.

How it helps

MBCT combines cognitive therapy with mindfulness strategies, helping individuals become more aware of their thoughts and feelings, reducing the risk of relapse into extreme mood states.

11



N-acetylcysteine (NAC)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 600 mg of N-Acetylcysteine (NAC) supplement daily with water. It can be taken at any time of the day, but try to take it at the same time each day for best results.

TYPICAL STARTING DOSE

1200 mg

Description

NAC is a supplement that contains a form of the amino acid cysteine, a protein building block that your body uses to make the antioxidant glutathione. It is used for its potential antioxidant properties and its ability to support lung, gut, and mental health.

[N-acetylcysteine](#) (NAC) is converted to cysteine in the body. Cysteine is a protein building block (amino acid) that helps make the antioxidant glutathione [\[R\]](#).

People take NAC to potentially support [\[R\]](#), [\[R\]](#):

- Mental health
- Ovarian health and pregnancy outcomes
- Lung health
- Gut health

How it helps

N-acetylcysteine (NAC) may have a positive effect on mania by affecting glutamate levels in the brain and reducing oxidative stress. These mechanisms can help stabilize mood swings associated with bipolar disorder, of which mania is a characteristic state.

12



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

Maintaining a regular sleep schedule can significantly impact mood regulation and is especially important for individuals with mania. Lack of sleep can trigger manic episodes or worsen symptoms. Establishing and sticking to a consistent bedtime and wake-time helps regulate the body's internal clock, leading to improved sleep quality and mood stability.

13



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

Maintaining a regular sleep schedule and ensuring adequate sleep helps in stabilizing mood and preventing episodes of mania.

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.

