

Muscle Jerks

DNA Health Report

REPORT CATEGORY —



NERVE HEALTH

Sample Client

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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

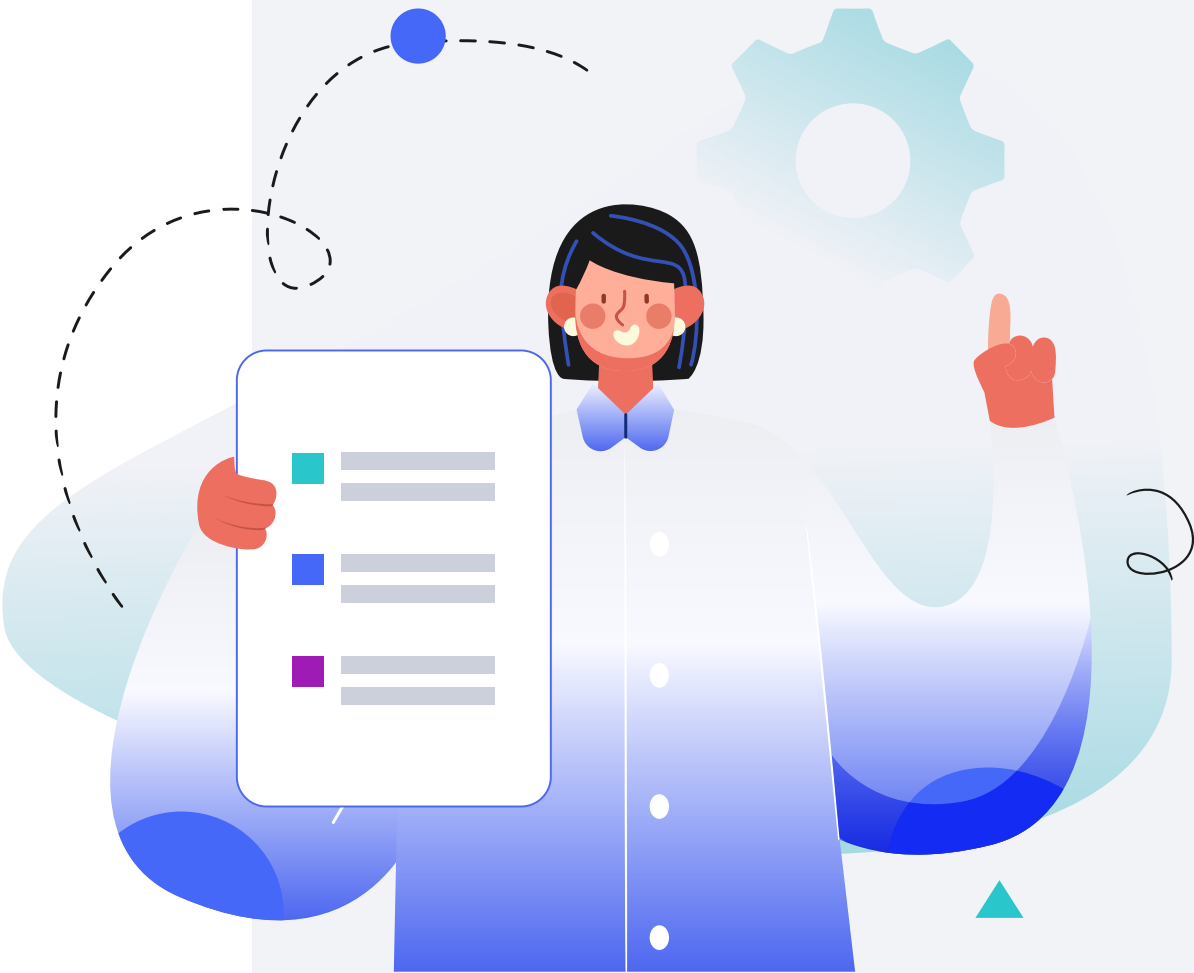
Male

HEIGHT

5ft 5" 165cm

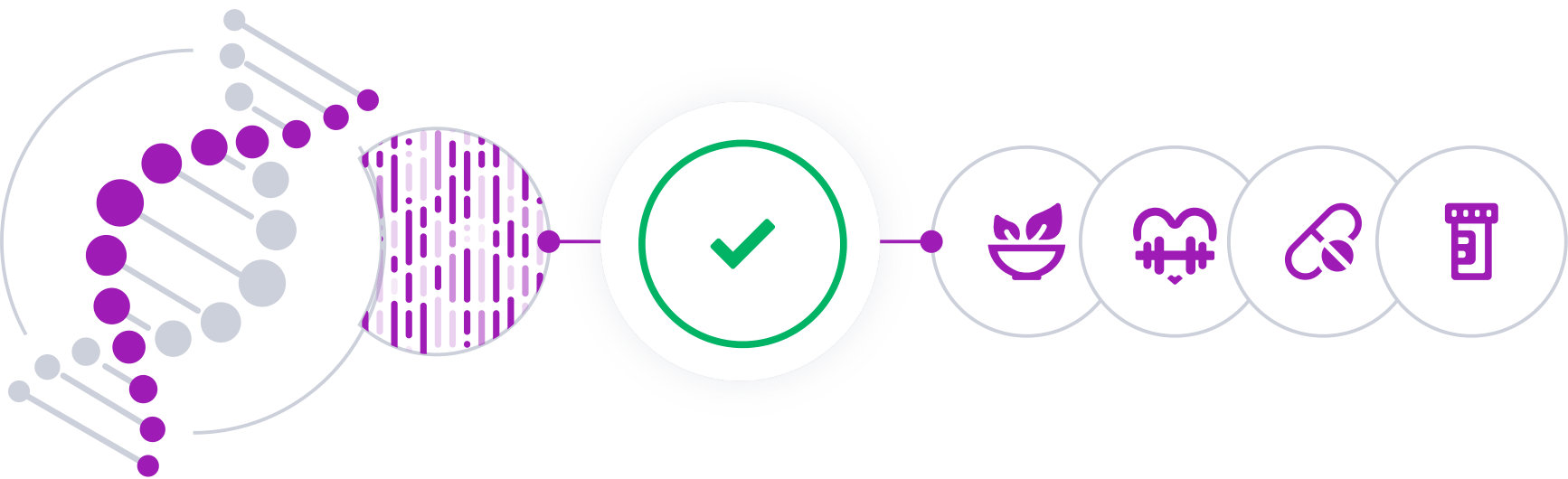
WEIGHT

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.

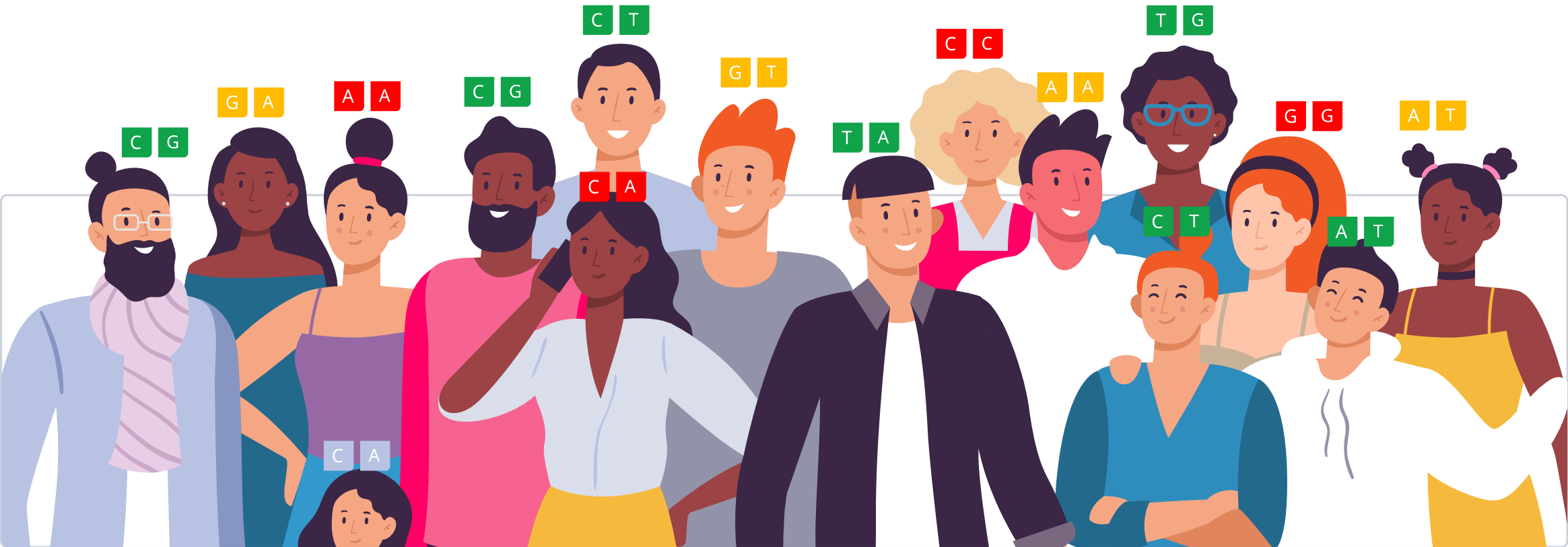


Similarly, our Trait Reports look at how your DNA influences your traits.



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

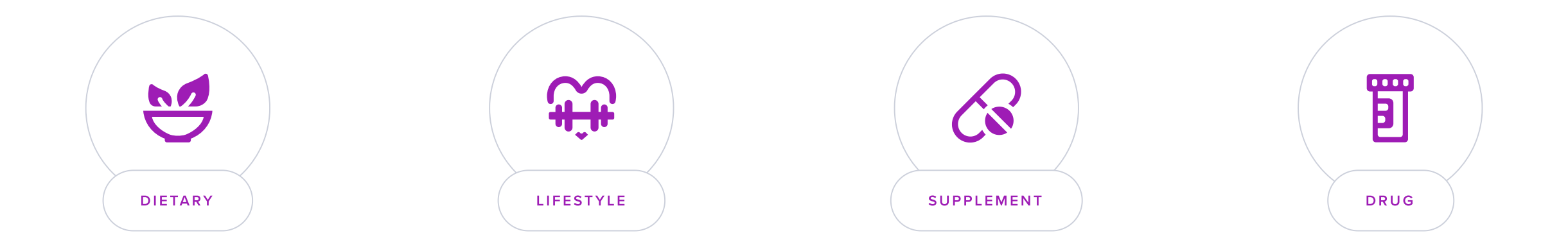
You have 2 risk alleles

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

Myoclonus refers to sudden, involuntary jerking of a muscle or group of muscles. It's a symptom rather than a disease itself and can manifest as a result of a wide array of neurological disorders, such as epilepsy, a reaction to certain medications, or a consequence of brain or spinal cord injuries.

The involuntary twitching associated with myoclonus ranges in severity from subtle to severe enough to impair movement and could be sporadic or frequent, affecting various parts of the body.

Complications and Treatment

In more severe cases, myoclonus may interfere with a person's ability to eat, talk, or walk. Though myoclonic twitching is often seen in healthy individuals as 'sleep starts' or hiccups, persistent or disruptive myoclonus typically requires medical evaluation to identify any underlying conditions.

Treatment is tailored to the underlying cause if it can be determined and may include medications or therapeutic interventions aimed at reducing the symptoms.



LESS LIKELY

Less likely to have myoclonus based on 27,636 genetic variants we looked at



PERCENTILE



Your risk is greater than 1% of the population and lower than 99% of the population.

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	5-HTP	100 mg	2	Deep Breathing	5 minutes
3	Breathing Techniques	10 minutes	4	Relaxation Techniques	30 minutes
5	Magnesium	350 mg	6	Meditation	30 minutes

1



5-HTP

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 100 mg of 5-HTP as a supplement daily, ideally with a glass of water. It can be taken at any time of the day but taking it at the same time each day may help establish a routine.

TYPICAL STARTING DOSE
100 mg

Description

5-HTP is a building block for serotonin. 5-HTP and serotonin help make melatonin, a hormone that promotes sleep. People mainly use 5-HTP as a mood-boosting supplement. It may also help reduce appetite, help with chronic pain and fatigue, and improve sleep quality.

5-HTP is a building block for the “happiness hormone” [serotonin](#). 5-HTP and serotonin help make [melatonin](#), a hormone that promotes sleep [\[R\]](#).

People mainly use 5-HTP as a mood-boosting supplement [\[R, R\]](#). According to early research, it may also:

- Reduce appetite [\[R, R, R\]](#)
- Help with chronic pain and fatigue [\[R, R, R\]](#)
- Improve sleep quality [\[R, R\]](#)

Please note: 5-HTP can interact with SAM-e, St. John’s wort, and different medications. Combining it with antidepressants can be dangerous and even life-threatening. Never take 5-HTP without consulting your doctor [\[R, R, R\]](#).

How it helps

5-HTP (5-Hydroxytryptophan) is a supplement that can increase serotonin levels in the brain. Since myoclonus can be related to neurotransmitter imbalances, increasing serotonin might help reduce the severity or frequency of muscle jerks by stabilizing brain function.

2



Deep Breathing

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice deep breathing exercises for 5-10 minutes at least twice a day, ideally in the morning and before bed. 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.

TYPICAL STARTING DOSE

5 minutes

Description

Deep breathing techniques, such as diaphragmatic or abdominal breathing, can promote relaxation, reduce stress, and improve lung capacity. Regular deep breathing exercises can contribute to overall mental and physical well-being by reducing tension and increasing oxygen supply to the body.

How it helps

Relaxation techniques, such as deep breathing, meditation, or yoga, can help manage myoclonus by reducing stress and anxiety, which are known to trigger or worsen myoclonic jerks. These techniques promote relaxation and can help to decrease the frequency of jerks by soothing the nervous system.

3



Breathing Techniques

IMPACT

0 / 5

EVIDENCE

0 / 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

Relaxation techniques, such as deep breathing, meditation, or yoga, can help manage myoclonus by reducing stress and anxiety, which are known to trigger or worsen myoclonic jerks. These techniques promote relaxation and can help to decrease the frequency of jerks by soothing the nervous system.

4



Relaxation Techniques

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your daily routine. Spend at least 15-30 minutes each day practicing one of these techniques, preferably in a quiet, comfortable space without interruptions.

TYPICAL STARTING DOSE

30 minutes

Description

Relaxation techniques encompass various methods like deep breathing, yoga, meditation, and progressive muscle relaxation, aimed at reducing stress and promoting mental and physical relaxation. Practicing these techniques regularly can help manage stress, improve mental clarity, and enhance overall emotional well-being.

We all get stressed from time to time.

[Stress](#) can help you deal with a challenge or avoid danger. However, **it’s not healthy to be stressed for a long time** [\[R, R\]](#).

Relaxation techniques such as [yoga](#) and [meditation](#) can relieve stress in different ways. Most of them focus on breathing and help you get rid of negative thoughts and emotions [\[R\]](#).

People use relaxation techniques to improve conditions like [\[R, R, R\]](#):

- Anxiety
- Depression
- Chronic pain

Progressive muscle relaxation is another relaxation technique. In this technique, you focus on tensing and relaxing different parts of your body. It is common to start with the toes and slowly work your way up to the neck and head [\[R, R\]](#).

Autogenic training is a relaxation technique that a person may carry out on their own. It uses exercises that take the mind’s attention to bodily sensations such as warmth and heaviness [\[R, R\]](#).

How it helps

Relaxation techniques, such as deep breathing, meditation, or yoga, can help manage myoclonus by reducing stress and anxiety, which are known to trigger or worsen myoclonic jerks. These techniques promote relaxation and can help to decrease the frequency of jerks by soothing the nervous system.

5



Magnesium

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take up to 350 mg of magnesium daily as a supplement, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

350 mg

Description

Magnesium is an essential mineral involved in various bodily functions, including muscle contractions, nerve signaling, and bone health. Maintaining adequate magnesium levels through diet or supplements can support overall well-being and reduce the risk of magnesium deficiency-related health issues.

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

- Muscle, nerve, and bone function
- Blood sugar and blood pressure control
- DNA and protein production
- Strong immunity

Women need **310-320 mg** of magnesium per day, while men need **400-420 mg** [\[R\]](#).

Foods rich in magnesium include **nuts, seeds, and leafy greens**. Magnesium is also available as a supplement [\[R\]](#).

How it helps

Magnesium is essential for proper nerve function and muscle relaxation. A deficiency in magnesium has been linked to increased muscle twitching or spasms, which can exacerbate myoclonus symptoms. Supplementing with magnesium can help stabilize the electrical activity in the brain and muscles, potentially reducing the frequency and intensity of myoclonic jerks.

6



Meditation

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Set aside 10-20 minutes each day in a quiet space without distractions to practice meditation. Focus on your breath or perform guided meditation using an app or audio track.

TYPICAL STARTING DOSE

30 minutes

Description

Meditation is a mindfulness practice that can reduce stress, improve mental clarity, and promote relaxation. Regular meditation is associated with numerous mental and emotional health benefits, including reduced anxiety and enhanced emotional well-being.

Meditation is a relaxation technique that trains your mind to focus and redirect your thoughts. Some of the main types of meditation are [\[R\]](#):

- Mindfulness
- Focused
- Transcendental
- Mantra
- Moving

People use meditation to improve [\[R\]](#), [\[R\]](#):

- Stress and anxiety
- Mood
- Sleep disturbances
- Pain

How it helps

Relaxation techniques, such as deep breathing, meditation, or yoga, can help manage myoclonus by reducing stress and anxiety, which are known to trigger or worsen myoclonic jerks. These techniques promote relaxation and can help to decrease the frequency of jerks by soothing the nervous system.

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.

