SelfDecode™

Narcolepsy

Disease Report

REPORT CATEGORY

SLEEP

Sample Client

Report date: 15 January 2026

Powered by omicsedge

Table of Contents

Personal information

NAME

Sample Client

SEX AT BIRTH

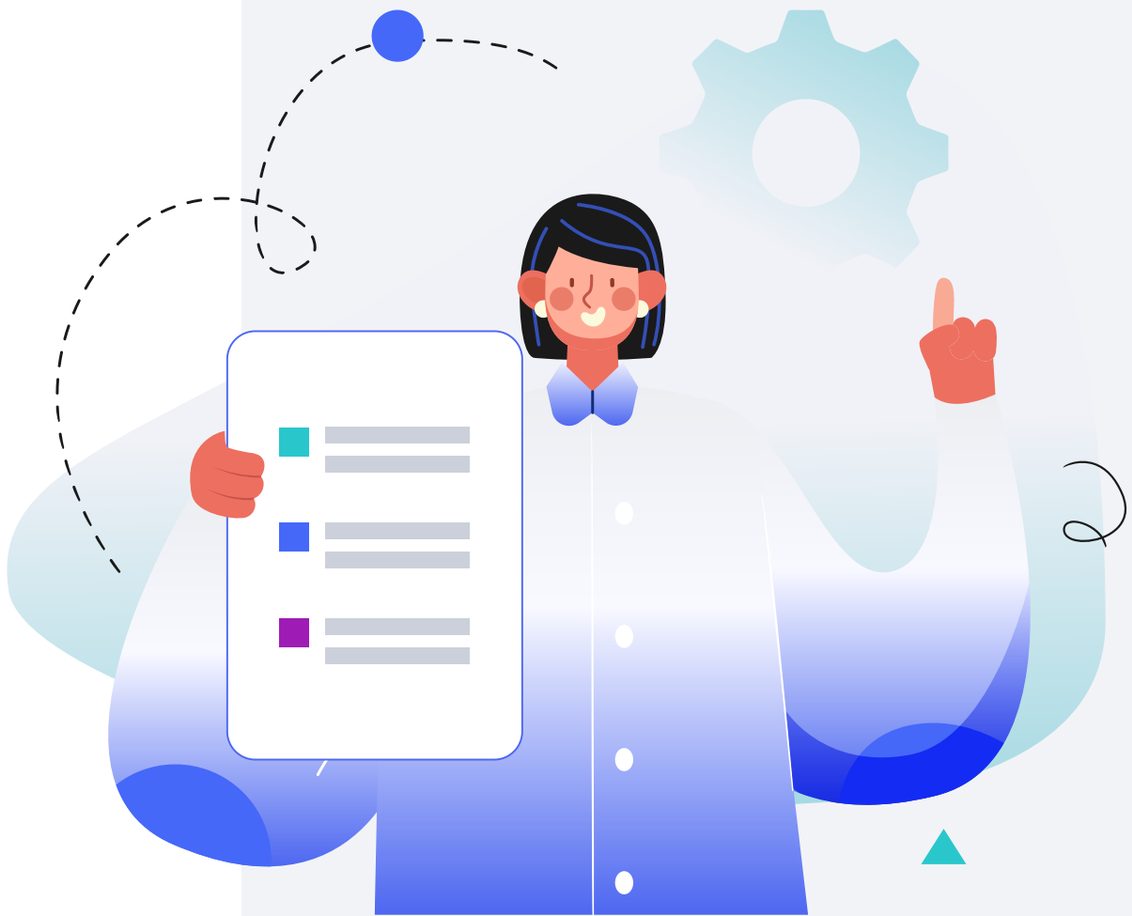
Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg

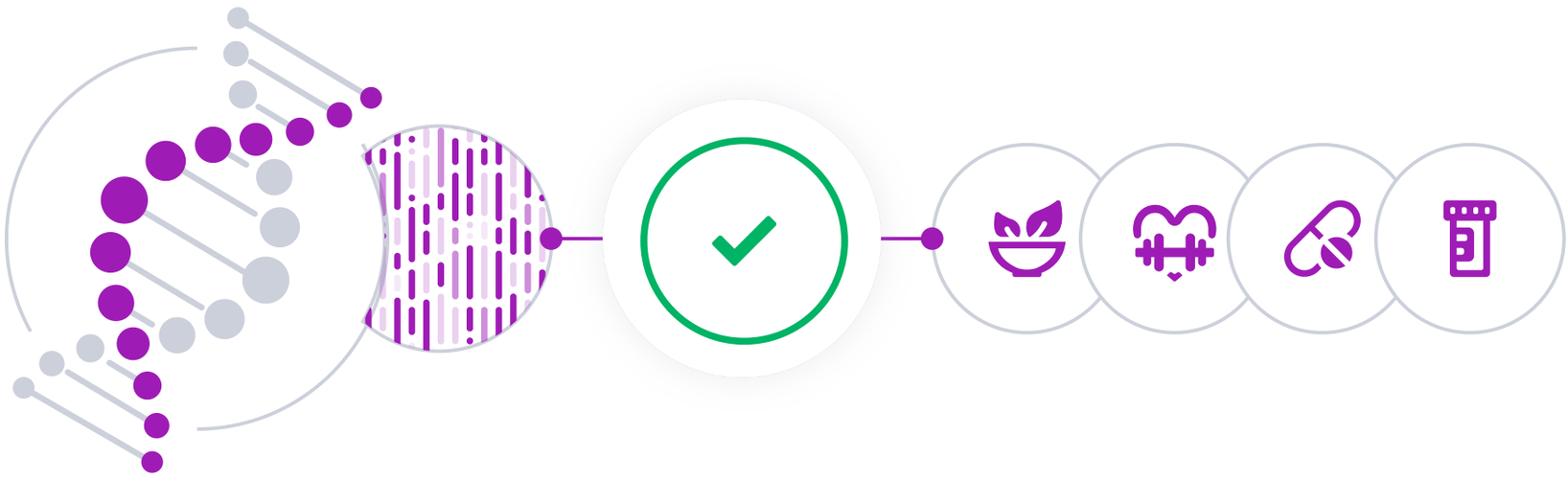


DISCLAIMER

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.

How this works

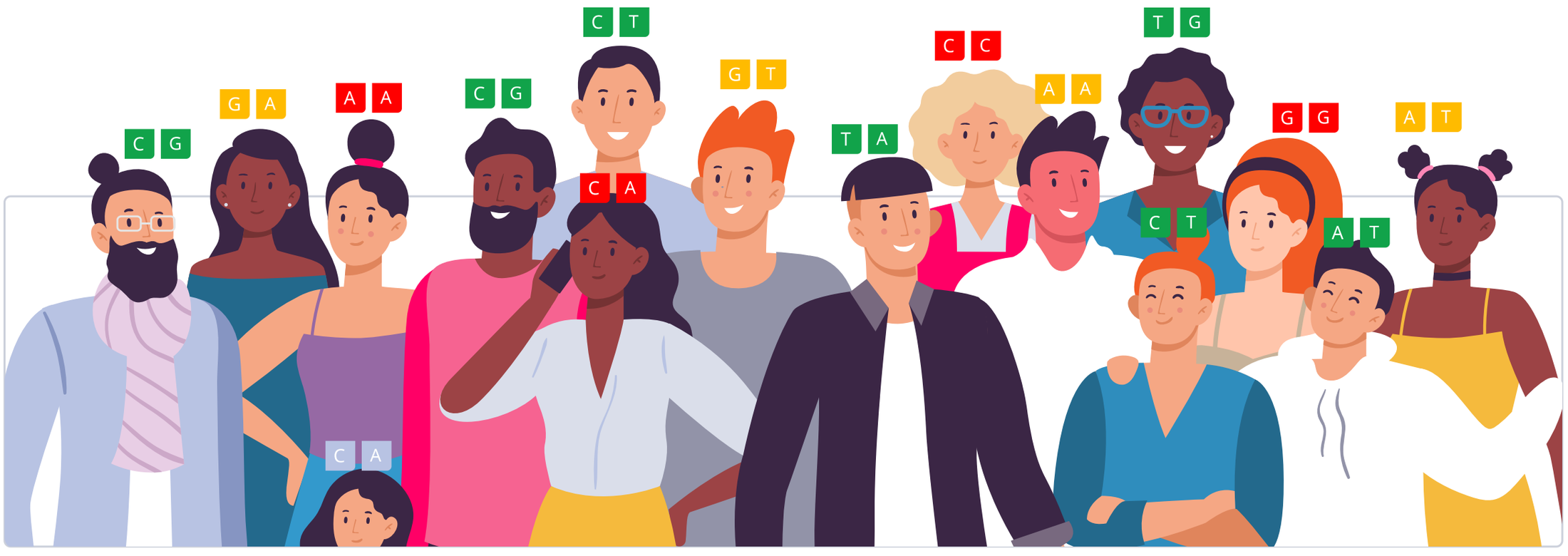
Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



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.

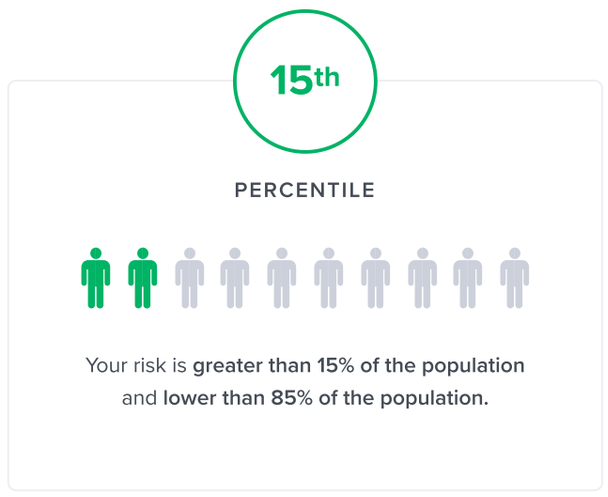
Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



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.

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

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



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, afew 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

Narcolepsy is a sleep disorder that causes excessive daytime sleepiness and sudden, irresistible episodes of sleep, often at inappropriate times.

It is caused by a dysfunction of the brain mechanism that controls sleep-wake cycles. People with narcolepsy have lower levels of **orexin**, a chemical in the brain that is vital to wakefulness.

People with narcolepsy often experience disrupted sleep patterns and may have difficulty staying awake during the day, even when they get enough sleep at night. There are two types of narcolepsy, **type 1 and type 2**.

People with narcolepsy may experience symptoms such as [R]:

- Sudden urges to sleep during the day
- Cataplexy (sudden muscle weakness or paralysis) - typical of type 1 narcolepsy
- Vivid and disturbing dreams (hypnagogic hallucinations)
- Disruption in normal REM sleep patterns

Narcolepsy is a rare condition affecting less than 1% of the population. It can significantly impair daily functioning and quality of life. It is a chronic condition that requires ongoing management, which may include medications, lifestyle changes, and other therapies.

Risk Factors and Treatment

Key Takeaways:

- There is currently no heritability percentage for narcolepsy.
- Genes involved may affect the immune response.
- Other risk factors include young age, hormonal changes, and major stress.
- Symptoms include sudden urges to sleep during the day, sleep paralysis, and hallucinations.
- Narcolepsy is a rare (**less than 1%**) condition, so even if your genetic risk is high, the overall risk is low.

Genetics plays a role in narcolepsy development, but scientists are not sure to which extent. Involved genes, such as *HLA* genes, affect the immune response. Other risk factors include [R, R, R]:

- Younger age (10-30)
- Family history (having a first degree relative with the condition)
- Major stressful events
- Hormonal changes
- Swine flu or a particular vaccine that was used against it (Pandemrix)

Narcolepsy can significantly impair daily functioning and quality of life. It is a chronic condition that requires ongoing management, which may include **medications, lifestyle changes, and other therapies.**

TYPICAL LIKELIHOOD

Typical likelihood of narcolepsy based on 410,273 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
ASAH2B	rs4290173	CC
HLA-DQA2	rs2858884	AA
CCR2	rs3181077	TT
DAD1	rs1154155	TT
H4C3	rs198811	TT
RBMXL1	rs306336	AG
CPT1B	rs5770917	TT
ADO	rs10995245	GG
LMCD1	rs1027327	AA
TNFSF18	rs7553711	TT
GJB4	rs10915020	TT

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
1	L-Carnitine	500 mg
2	Morning Bright Light Therapy	20 minutes
3	Avoid Long Naps	
4	Regular Sleep Schedule	
5	Avoid Meals 3-4 Hours Before Bedtime	
6	Acceptance and Commitment Therapy (ACT)	

1

L-Carnitine

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take 500 mg of L-carnitine supplement daily with a glass of water, preferably with a meal to enhance absorption.

TYPICAL STARTING DOSE

500 mg

Description

L-carnitine is an amino acid-like compound that plays a role in energy metabolism and helps prevent toxic substances from building up in cells. It is often used in dietary supplements for its potential to support muscle recovery, reduce fatigue, and enhance athletic performance.

L-carnitine is a compound that helps you burn fat. It also prevents toxic substances from building up in cells [R].

Your body can usually make enough carnitine to meet its needs. You can also get it from **meat and dairy products** [R].

People use L-carnitine for [R, R, R, R, R, R]:

- Heart problems
- Overactive thyroid
- Fertility problems
- Blood sugar control
- Weight control

How it helps

L-carnitine may combat the excessive daytime sleepiness seen in narcolepsy by enhancing brain energy metabolism, leading to improved alertness and reducing fatigue.

28 patients were included in the statistical analysis. L-carnitine treatment (510 mg/day) significantly improved the total time for dozing off during the daytime, calculated from the sleep logs, compared with that of placebo-treated periods. However, it didn't improve vitality and mental health [R].

2 Morning Bright Light Therapy

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Expose yourself to a light therapy box, which mimics natural sunlight, for about 20-30 minutes each morning within the first hour of waking up. It's important to do this daily, especially during months with less natural sunlight, to help manage symptoms of Seasonal Affective Disorder (SAD) or other conditions influenced by light exposure.

TYPICAL STARTING DOSE

20 minutes

Description

Bright light therapy, often used to treat conditions like seasonal affective disorder (SAD) and certain sleep disorders, involves exposure to specific wavelengths of light. It can help regulate sleep patterns, improve mood, and alleviate symptoms associated with mood disorders.

Bright light therapy involves exposing people to artificial indoor light via a “light box.” This box is often placed nearby for 30 minutes each morning. A light therapy box should [R, R, R]:

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

Light therapy may improve mood and help with certain mental health conditions [R, R].

How it helps

Exposure to bright light, particularly in the morning, can help regulate the sleep-wake cycle and may be beneficial for narcolepsy patients.

3 Avoid Long Naps

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Limit your daily naps to 20-30 minutes. Try to nap before 3 pm to avoid interfering with nighttime sleep.

Description

Limiting long naps during the day can help improve nighttime sleep quality and reduce the risk of sleep disturbances. Shorter naps are generally more beneficial for enhancing daytime alertness without interfering with nighttime rest.

How it helps

Short naps are recommended for narcolepsy to manage sleepiness, but long naps can interfere with nighttime sleep and exacerbate the condition.

4

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

Keeping a consistent sleep schedule helps to regulate the sleep-wake cycle, which is crucial for managing narcolepsy symptoms.

5

Avoid Meals 3-4 Hours Before Bedtime

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Finish your last meal of the day at least 3 to 4 hours before you go to sleep. For example, if you usually go to bed at 10 pm, aim to have dinner no later than 6 pm to 7 pm.

Description

Avoiding meals, especially heavy meals, close to bedtime can help prevent digestive discomfort, indigestion, and disrupted sleep patterns. Opting for lighter evening meals promotes better digestion and overall sleep quality.

How it helps

Heavy meals close to bedtime can worsen narcolepsy symptoms by affecting sleep quality. Lighter meals can lead to better sleep patterns.

6

Acceptance and Commitment Therapy (ACT)

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Participate in Acceptance and Commitment Therapy (ACT) sessions with a licensed therapist weekly for a minimum of 8 to 12 weeks. During this period, engage in daily ACT exercises at home as recommended by your therapist, such as mindfulness practices and writing exercises that help you connect with your values and accept your thoughts without judgment.

Description

ACT is a type of psychotherapy that focuses on accepting one's thoughts and feelings while committing to actions that align with personal values. It is used to improve mental well-being and treat conditions like anxiety and depression.

How it helps

Acceptance and Commitment Therapy helps patients with narcolepsy by promoting better psychological flexibility, which can help manage feelings of anxiety or depression that often coincide with sleep disorders.

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.

Basophils (%)	0.6 %	0 – 2	9 Nov 2025
Basophils (Absolute)	0.04 x10^9/L	0 – 0.2	9 Nov 2025