

Neurodivergence

Disease Report

REPORT CATEGORIES —



MENTAL HEALTH



COGNITION

Sample Client

Report date: 15 January 2026

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Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

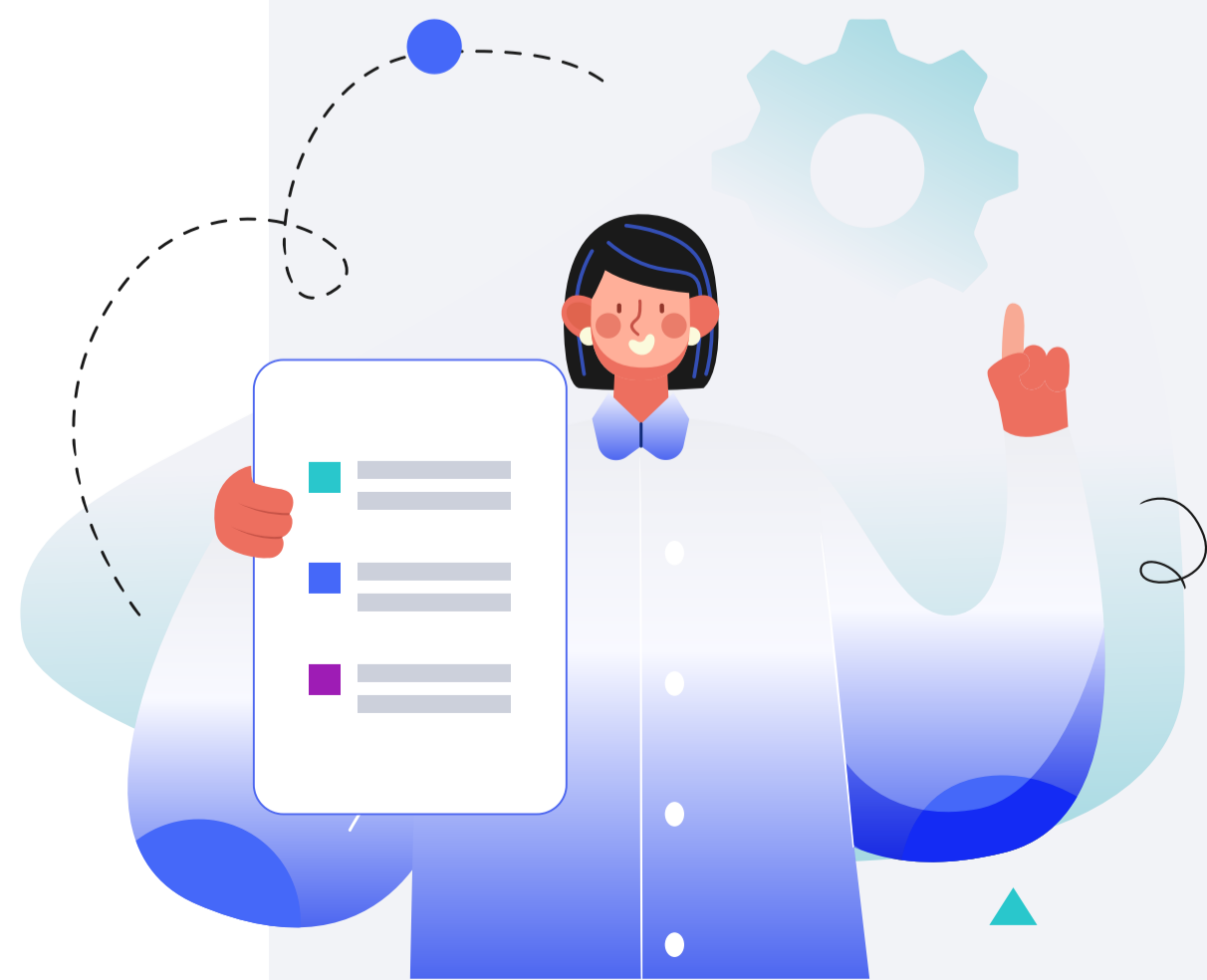
5ft 5" 165cm

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.



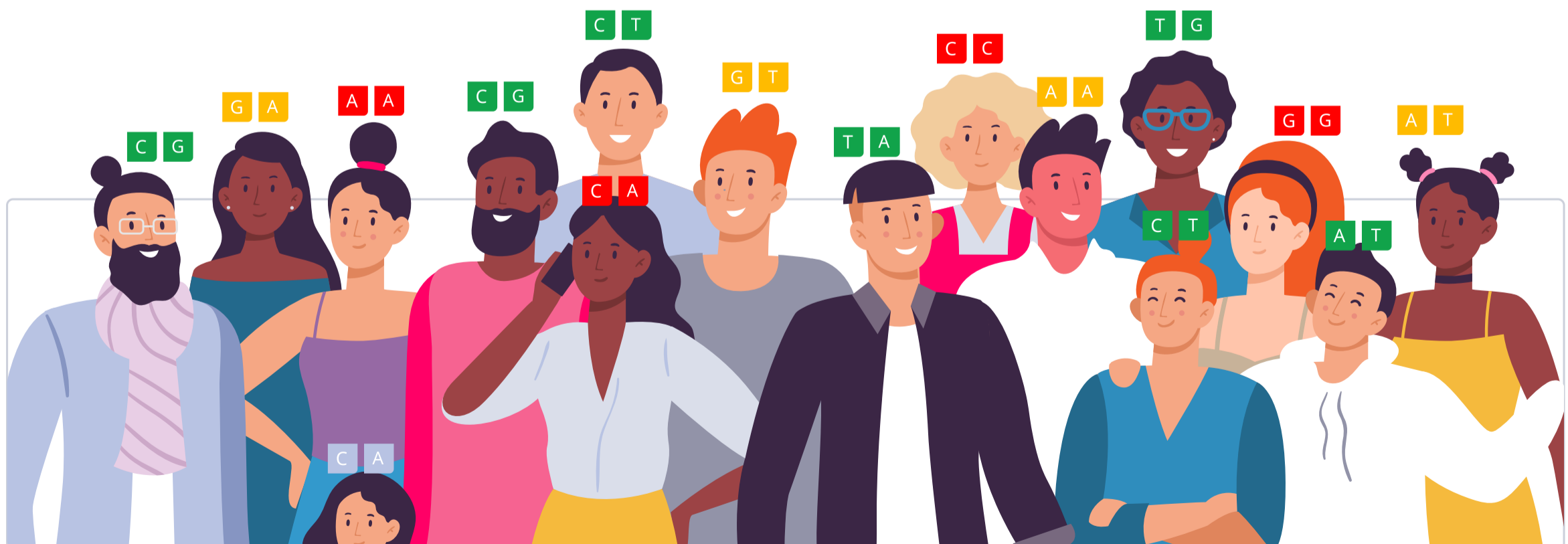
Similarly, our Trait Reports look at how your DNA influences your traits.



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.

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

Neurodivergence refers to the concept that certain developmental disorders, mental health conditions, and personality traits are normal variations in the human brain. It encompasses a range of conditions, including autism spectrum disorder (ASD), attention deficit hyperactivity disorder (ADHD), dyslexia, and Tourette's syndrome. The term is used to recognize and respect the diversity in human neurocognitive functioning.

Autism Spectrum Disorder (ASD) is a condition related to brain development. It is characterized by challenges with:

- Social interaction
- Communication
- Behavior

It encompasses a broad range of conditions, with individuals demonstrating varied abilities, challenges, and support needs. Autism is known as a “spectrum” disorder because of the diversity of symptoms and intensities in different people.

Common traits or symptoms associated with ASD include:

- Difficulty with communication and interaction with other people.
- Restricted interests and repetitive behaviors.
- Challenges in developing and maintaining social relationships.
- Varied abilities in learning, attention, and sensory perceptions.

Risk Factors and Genetics

Up to **90%** of the differences in autism spectrum disorder (ASD) may be due to **genetics**. The influence of genetics may vary by cognitive ability [[R](#), [R](#), [R](#)].

Several genes appear to have a connection with the development of ASD. Between **10%** and **20%** of cases can be linked to genetic disorders, such as mutations in genes like [SHANK3](#) and genetic conditions like:

- Down syndrome
- Rett syndrome
- Fragile X syndrome.

The following factors may also interact with genetic predispositions and increase the risk of ASD:

- Age of parents: Older parents are more likely to have a child with ASD
- Preterm birth: Babies born before 26 weeks of gestation may have a higher risk of ASD

Please note: This report is not looking at your predisposition to the rare genetic disorders mentioned above. Most of the available genetic research has been conducted on children, so please take your results with a grain of salt.



LESS LIKELY

Less likely to have autism spectrum disorder (ASD) based on 112,310 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

| GENE | SNP | GENOTYPE |
|----------|-------------|----------|
| NRSN1 | rs145570843 | AA |
| SSUH2 | rs405182 | GG |
| GABRB3 | rs2081648 | CT |
| AKAP17A | rs4446909 | G |
| ASMT | rs5989681 | G |
| NSD3 | rs60527016 | CT |
| FOLR3 | rs2071010 | GG |
| REEP3 | rs141319505 | AA |
| / | rs142920272 | CC |
| ARHGAP27 | rs141455452 | TT |
| ESRRB | rs201369005 | GDEL(TT) |
| FEZF2 | rs1452075 | TT |
| KIZ | rs6047270 | TT |
| ADTRP | rs210894 | TT |
| / | rs11185408 | GG |
| PTP4A3 | rs11787216 | CC |
| RSU1 | rs45595836 | CT |
| GABBR1 | rs740883 | AT |
| CRHR1 | rs12942300 | AT |
| XRN2 | rs910805 | GA |
| PTBP2 | rs2391769 | GA |
| NRSN1 | rs12203328 | GC |
| NEDD4L | rs292441 | AG |
| SNX7 | rs6701243 | CA |
| / | rs34739626 | INS(A)T |
| / | rs2635182 | CT |
| B3GALT2 | rs6692705 | AG |
| / | rs325485 | AG |
| KCNN2 | rs13188074 | AG |
| BTG1 | rs61925919 | GG |
| FOLR3 | rs2298444 | TT |
| TCN2 | rs1801198 | GG |

| GENE | SNP | GENOTYPE |
|----------|-------------|----------|
| MFHAS1 | rs36059156 | AA |
| IL1B | rs16944 | AG |
| SPIDR | rs183563276 | AA |
| SGO1 | rs148587110 | TT |
| GALNT1 | rs143609523 | AA |
| ZNF568 | rs138867053 | GG |
| SERPINA1 | rs112635299 | GG |
| KMT2E | rs111931861 | AA |
| PCDH9 | rs77691144 | TT |
| GUCY1A2 | rs117603308 | CC |
| ASAP1 | rs10110094 | GG |
| / | rs79940520 | AA |
| FAM167A | rs10099100 | GG |
| ADO | rs113764414 | GG |
| GALNT10 | rs34509057 | GG |
| MEF2C | rs4916723 | AA |

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 | Methylfolate | 400 mcg | 2 | Music Therapy | 30 minutes |
| 3 | Dance | 30 minutes | 4 | Pet Therapy | 30 minutes |
| 5 | N-acetylcysteine (NAC) | 1200 mg | 6 | Folinic Acid | |
| 7 | Avoid PFAS Exposure | | 8 | Pregnenolone | 5 mg |
| 9 | Avoid Air Pollution | | 10 | Avoid Mercury Exposure | |
| 11 | Low-Level Laser Therapy (LLLT) | 30 seconds | 12 | Laughter Therapy | 30 minutes |
| 13 | GABA Supplement | 1500 mg | 14 | Palmitoylethanolamide (PEA) | |
| 15 | Sulforaphane | 30 mg | 16 | Lactobacillus Plantarum | 10 billion CFU |
| 17 | Keto Diet | | 18 | Ginkgo | 120 mg |
| 19 | Avoid Mycotoxin | | 20 | Avoid Pesticide Exposure | |
| 21 | Resveratrol | 150 mg | 22 | B Vitamins | |
| 23 | Support Groups | | 24 | Maintain Optimal Vitamin D Levels | 1000 iu |
| 25 | Dietary Magnesium | | 26 | Behavioral Sleep Extension | |
| 27 | Social Activity | 1 hour | 28 | Acceptance and Commitment Therapy (ACT) | |
| 29 | Walking | 30 minutes | 30 | Aerobic Exercise (Cardio) | 1 hour |
| 31 | Dietary Omega-3 Fatty Acids | | 32 | Mindfulness-Based Stress Reduction (MBSR) | 2 hours |

33


Mindfulness Meditation

30 minutes

34


Sleep for 7+ Hours

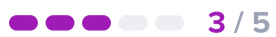
1



Methylfolate

IMPACT
EVIDENCE





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

Multiple studies and meta-analyses have consistently shown that maternal folic acid supplementation during early pregnancy, particularly when the intake is at least 400 µg from both dietary sources and supplements, is linked to a reduced risk of Autism Spectrum Disorder (ASD). The timing and dosage of folic acid supplementation are crucial factors. Overall, prenatal folic acid use is associated with a significant reduction in ASD risk, despite some surprising findings related to mental development scores [\[R, R, R\]](#).

A study found that the C677T polymorphism increases ASD risk, while A1298C reduces it in certain genetic models. MTHFR C677T is strongly associated with ASD, but A1298C is not, especially in Caucasians. Subsequent meta-analyses confirm these associations and highlight publication bias for A1298C. Another meta-analysis across different populations supports the link between C677T and autism. [\[R, R, R, R\]](#).

However, several reviews on prenatal multivitamin supplements showed no strong association with autism risk overall, but some reduced risk in certain circumstances with low-quality evidence. Another study on maternal folic acid intake during pregnancy found no significant association with ASD risk, regardless of study design [\[R, R, R\]](#).

2




Music Therapy

IMPACT

 3 / 5

EVIDENCE

 3 / 5

How to implement

Engage in music therapy sessions for at least 30 minutes a day, three times a week. These sessions can involve listening to music, playing an instrument, singing, or writing songs, facilitated by a certified music therapist if possible.

TYPICAL STARTING DOSE

30 minutes

Description


Music therapy is a therapeutic approach that uses music to address physical, emotional, cognitive, and social needs. It can improve mental health, enhance emotional expression, and support overall well-being.


[Music](#) therapy is a form of therapy that involves making, reflecting on, and/or listening to music. It can be applied individually or in groups and may not require the presence of a therapist [\[R\]](#).

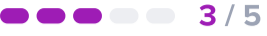
Music therapy provides tools for body relaxation and positive imagery. It aims to improve communication, quality of life, and well-being [\[R, R\]](#).

How it helps

Two meta-analyses (the largest one with 10 studies and 165 participants) concluded that music interventions improve social interaction, verbal and non-verbal communication, initiating behavior, and social-emotional reciprocity in children with autism spectrum disorder [\[R, R\]](#).

3  **Dance**

IMPACT  3 / 5

EVIDENCE  3 / 5

How to implement

Engage in dance activities for at least 30 minutes, three times per week. You can choose any form of dance you enjoy, such as ballroom, hip hop, or salsa, and you can dance at home, in a studio, or in a group class setting.

TYPICAL STARTING DOSE

30 minutes

Description

Dancing involves moving your body to music. Many people take dance classes to learn various styles of dance and improve their skills. Examples include:

- Ballet
- Zumba
- Belly dancing
- Hip hop
- Salsa

Dancing is a fun, creative, and relaxing activity. It can also provide a range of health benefits, improving your heart health, brain health, fitness, and more.

How it helps

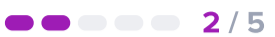
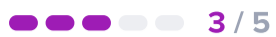
Dance interventions, with varying frequency and duration, significantly improved overall ASD symptoms and social interaction but had no significant effect on empathy, based on a meta-analysis of seven studies. Further research is needed to determine optimal dosages and compare dance to other physical activities [\[R\]](#)

Five out of 9,350 studies (266 participants) revealed that dance positively impacts negative symptoms, enhancing empathy, emotional expression, body awareness, behavior, and psychological well-being in adults with normal to high-functioning ASD, aiding social interaction [\[R\]](#).

Nine studies, involving 133 participants, explored dance movement psychotherapy (DMP) for children with ASD. DMP showed potential benefits for well-being and social skills, but more high-quality research is needed to understand its effectiveness and processes [\[R\]](#).

A study found significant improvements in communication, social cognition, and reduced autistic behavior in autistic children and adolescents after dance practice, suggesting its potential as a therapeutic intervention [\[R\]](#).

4  **Pet Therapy**

IMPACT  **EVIDENCE** 

How to implement

Engage with a pet, such as a dog or cat, for at least 15-30 minutes a day. This can include activities like playing, petting, or simply sitting together. It's beneficial to do this regularly, aiming for daily interactions, to maximize the emotional and physical health benefits.

TYPICAL STARTING DOSE

30 minutes

Description

Pet therapy, also known as animal-assisted therapy, involves the interaction between trained animals and individuals to provide emotional and physical benefits. Spending time with therapy animals, typically dogs or cats, can reduce stress, improve mood, and enhance overall well-being by promoting relaxation and social interaction, making it particularly beneficial for people facing mental health challenges or chronic conditions.

Animal-assisted therapy, also known as **pet therapy**, involves human-animal interaction to foster physical and emotional healing and provide social support. This therapy may use different animals, such as [R](#), [R](#):

- Dogs
- Horses
- Dolphins

Animal-assisted therapy may involve touching, playing, grooming, and talking with the animal [R](#).

How it helps

A meta-analysis of 5 studies concluded that horse therapy improves social behaviors and communication skills of children with ASD in areas such as social awareness, social cognition, social motivation, and social communication [R](#).

Another meta-analysis (16 studies) found that animal-assisted therapy has small-sized beneficial effects on social interaction, communication, and ASD symptoms in children with ASD [R](#).

5



N-acetylcysteine (NAC)

IMPACT

2 / 5

EVIDENCE

3 / 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

Meta-analyses were conducted to assess the impact of N-acetylcysteine on autistic behaviors using several scales.

After 8-12 weeks of supplementation, four trials showed a significant improvement in Aberrant Behavior Checklist total scores. When one trial was excluded, the improvement was even more pronounced. Three trials indicated significant enhancements in hyperactivity and irritability.


Social Responsiveness Scale results from two trials demonstrated improved social awareness. However, Repetitive Behavior Scale results showed no significant differences in total or subscale scores across two trials [\[R\]](#).

6




Folinic Acid

IMPACT

 2 / 5

EVIDENCE

 3 / 5

How to implement

Folinic acid is administered in several forms, including oral tablets, injections, or infusions, depending on the medical condition being treated. Always use folinic acid as prescribed by a healthcare provider. The specific dose and frequency depend on the condition being treated and the individual patient's response. Regular monitoring by a healthcare provider is necessary, especially when used in conjunction with chemotherapy, to adjust doses as needed and to manage any side effects.

Description

Folinic acid, also known as leucovorin, is a form of folic acid used in pharmacology, primarily to diminish the toxic effects of certain chemotherapy medications. Unlike folic acid, folinic acid doesn't require enzymatic conversion to become biologically active and can be directly utilized by the body. It plays a crucial role in DNA synthesis and repair, and in the methylation process, which is vital for cellular health and function.

The health benefits of folinic acid are mostly seen in its ability to counteract the side effects of methotrexate, a drug used to treat certain types of cancer and autoimmune diseases. Methotrexate can inhibit the body's ability to use folate, leading to deficiencies. Administering folinic acid can help prevent or mitigate these deficiencies, aiding in faster recovery of healthy cells.

Folinic acid is also used in the treatment of megaloblastic anemia when it's caused by a deficiency in folate and not effectively treated by folic acid due to metabolic or absorption issues. Additionally, there is research into its potential benefits in improving symptoms of mental health disorders such as depression, suggesting that it might aid in managing conditions related to folate metabolism abnormalities.

How it helps

Supplementation with folinic acid may improve speech and behavioral symptoms such as irritability, ataxia, pyramidal signs, movement disorders, and epilepsy in children with autism spectrum disorder [\[R\]](#), [\[R\]](#).

7

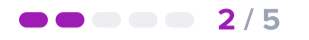


Avoid PFAS Exposure

IMPACT

 2 / 5

EVIDENCE

 2 / 5

How to implement


To avoid PFAS exposure, choose products that are labeled PFAS-free, especially when selecting cookware, cosmetics, and clothing. Reduce the consumption of packaged and fast foods since the packaging often contains PFAS. Use a water filter that is certified to remove PFAS compounds for your drinking and cooking water.


Description

Avoiding per- and polyfluoroalkyl substances (PFAS) exposure means avoiding products and environments contaminated with these chemicals, which can help prevent potential health issues like hormonal disruption and adverse effects on liver and immune function.

How it helps

A meta-analysis of 20 studies found that prenatal exposure to PCB-138, PCB-153, and PCB-170 was associated with an increased risk of autistic spectrum disorder. However, PFDA exposure was associated with a decreased risk [\[R\]](#).

8  **Pregnenolone**

IMPACT  **EVIDENCE** 

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

In a trial with 59 patients (30 on pregnenolone, 29 on placebo) for autism spectrum disorder (ASD), pregnenolone alongside risperidone showed potential improvements in irritability, stereotypy, and hyperactivity. However, lethargy and inappropriate speech scores remained similar. Adverse effects were comparable between groups, suggesting pregnenolone as a potential ASD adjunct [\[R\]](#).

In a 12-week pilot study with 12 adults having autism spectrum disorder (ASD), pregnenolone showed promising results in reducing irritability, as measured by the Aberrant Behavior Checklist (ABC). There were also improvements in lethargy and sensory sensitivity. No severe side effects were observed, with occasional tiredness, diarrhea, and low mood possibly related to pregnenolone. Overall, pregnenolone demonstrated moderate effectiveness and good tolerability in individuals with ASD [\[R\]](#).

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

9



Avoid Air Pollution

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

Stay indoors on days when air quality indexes (AQI) indicate high pollution levels, which are often reported by weather services or government environmental agencies. **Install air purifiers** in your home, especially in bedrooms, to reduce indoor pollutants. Limit outdoor exercise when air pollution warnings are issued, opting for indoor activities instead.

Description

Avoiding air pollution by reducing exposure to pollutants in the environment is essential for respiratory and overall health. It can help lower the risk of respiratory diseases, cardiovascular conditions, and other health issues associated with poor air quality.

While city life is convenient in a lot of ways, it comes with some health hazards. Cars, factories, and other sources increase air [pollution](#) [R].

Air pollution plays a role in [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Lung disease
- Heart disease
- Diabetes
- Asthma
- Skin conditions

How it helps

A meta-analysis of 28 studies involving 758,997 newborns found maternal exposure to pollutants increased autism risk by 3.9-12.3%. PM2.5 had a significant impact during preconception, pregnancy, and postnatal periods [\[R\]](#).

10



Avoid Mercury Exposure

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Limit consumption of large fish such as shark, swordfish, king mackerel, and tilefish, which are known to have higher mercury levels. Opt for smaller fish like salmon, shrimp, pollock, and catfish, and limit seafood intake to 8-12 ounces (two to three servings) per week. Check and follow local advisories regarding the safety of fish caught by family and friends in your local lakes, rivers, and coastal areas.

Description

Avoiding exposure to mercury, a toxic heavy metal found in certain seafood and environmental sources, is essential to prevent adverse health effects, including neurological damage and developmental issues.

Mercury and other [heavy metals](#) are found in the soil, water, food, and some commonly-used household products. They adversely affect the environment and living organisms. According to some studies, mercury is considered **the most toxic heavy metal** in the environment [\[R\]](#), [\[R\]](#).

A major source of mercury exposure is seafood, especially large fish such as [\[R\]](#):

- Tuna
- Shark
- Swordfish

How it helps

A review and meta-analysis of studies examining aluminum (Al), cadmium (Cd), and mercury (Hg) exposure in relation to autism spectrum disorder (ASD) found varying associations. Higher Hg levels in hair, urine, and blood were positively linked to ASD, while Al levels in hair and urine showed mixed associations. Cd levels in hair and urine were negatively associated with ASD [\[R\]](#).

Another study comparing mercury concentrations in various tissues of ASD patients to healthy subjects found significantly higher mercury levels in whole blood, red blood cells, and brain tissue of ASD patients, with lower levels in hair [\[R\]](#).

An analysis of toxic metals in ASD patients revealed elevated levels of antimony, lead, and mercury in various tissues. However, the correlation between hair mercury levels and clinical decisions was weak [\[R\]](#).

A literature review found that hair mercury levels correlated with blood, urine, and cord blood mercury levels. Low-level mercury exposure was not found to be a cause of autism. The risk of neurodevelopmental disabilities from low-level methylmercury exposure from fish consumption remains controversial [\[R\]](#).

Epidemiological studies on mercury exposure's link to ASD and attention-deficit hyperactivity disorder (ADHD) yielded inconclusive results, with thimerosal vaccines not significantly associated with these conditions, while environmental exposure showed some association [\[R\]](#).

11



Low-Level Laser Therapy (LLLT)

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Use a low-level laser therapy device, as directed by its manual or a healthcare professional, on the affected area. Generally, treatment involves applying the laser for a specified duration, often between 30 seconds to several minutes, per treatment area. Sessions can be conducted 2-3 times per week for a period of 4-12 weeks, depending on the condition being treated and the device used.

TYPICAL STARTING DOSE

30 seconds

Description

Low-level laser therapy (LLLT), also known as photobiomodulation, is a type of light therapy that uses low-intensity lasers to promote healing. It has been shown to be effective in treating a variety of conditions, including pain, inflammation, and wound healing.

How it helps

A placebo-controlled trial of 30 children found that those receiving active near-infrared light to the brain (850 nm at 40 Hz, 2x/week for 8 weeks) improved their Childhood Autism Rating Scale score by 7 points more than the sham group. There were also changes seen on the EEGs [\[R\]](#).

12



Laughter Therapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Dedicate at least 15-30 minutes a day to watch, listen to, or participate in activities that make you laugh, such as watching a comedy show, attending a stand-up comedy event, or engaging in laughter yoga sessions. Consistently incorporate these laughter-inducing activities into your daily routine for an ongoing period to harness the health benefits of laughter.

TYPICAL STARTING DOSE

30 minutes

Description

Laughter therapy has been shown to improve cardiovascular health, reduce stress, and boost the immune system. It can also help to improve mood, relieve pain, and increase social bonding.

How it helps

In a non-placebo-controlled trial of 24 children with autism, medical clowning over 12 weeks improved word production, play reciprocity, social smiles, and stereotypic behaviors [\[R\]](#).

13

GABA Supplement

IMPACT
EVIDENCE

1 / 5

1 / 5

How to implement

Take a GABA supplement in a dose up to 500 mg, three times daily. This supplementation should be taken with water, preferably with food to minimize gastrointestinal discomfort. The duration of supplementation can vary, but many users may start to see benefits within a few weeks of consistent use.

TYPICAL STARTING DOSE

1500 mg

Description

GABA is an amino acid that acts as an inhibitory neurotransmitter in the brain. It is used in some supplements for its potential to promote relaxation and reduce anxiety.

How it helps

In a study involving 9 children with autism spectrum disorder, improvements were observed in manual dexterity, balance, sensory responsiveness, DSM-5 criteria, and cortisol levels with GABA tea [\[R\]](#).

14

Palmitoylethanolamide (PEA)

IMPACT
EVIDENCE

1 / 5

1 / 5

How to implement

For managing pain and inflammation, take 300mg to 1,200mg of palmitoylethanolamide (PEA) in divided doses throughout the day, preferably with meals to enhance absorption. This regimen should be followed for at least 6 weeks to evaluate its effectiveness.

Description

Palmitoylethanolamide (PEA) is a naturally occurring fatty acid amide. It is a compound found in various tissues of animals, including humans. PEA has been a supplement for the past couple of decades, and is utilized for its potential anti-inflammatory and pain-relieving properties.


[Palmitoylethanolamide \(PEA\)](#) is a compound naturally made by the body to help combat inflammation [\[R\]](#).

It's also made by plants and other animals. Good sources of PEA include [\[R\]](#):

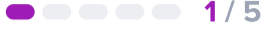
- Soy lecithin
- Soybeans
- Egg yolk
- Peanuts

How it helps

In a placebo-controlled trial of 70 children with autism and moderate to severe symptoms of irritability as an add-on to risperidone improved irritability and hyperactivity better than risperidone alone [\[R\]](#).

15  **Sulforaphane**

IMPACT  1/5

EVIDENCE  1/5

How to implement

Take a sulforaphane supplement, typically available in capsule form, with a dosage ranging from 30 to 60 milligrams per day. It is generally taken once daily, with or without food, according to the product's label instructions or a healthcare provider's advice. Continue this regimen daily for as long as you seek its benefits, but consult a healthcare provider for long-term use guidance.

TYPICAL STARTING DOSE

30 mg


Description

Sulforaphane is a natural compound found in cruciferous vegetables like broccoli and cauliflower. It is known for its potent antioxidant and anti-inflammatory properties, potentially offering protective effects against chronic diseases and promoting overall health.

How it helps

In a [placebo-controlled trial of 45 children with ASD](#), supplementation with sulforaphane (45-120 $\mu\text{mol}/\text{day}$) for 15 weeks showed a **trend toward improvements in the total and all subscale scores**, and **significantly improved caregivers' assessments**. Sulforaphane (50-100 $\mu\text{mol}/\text{day}$ for 10 weeks) given as an add-on to risperidone **improved irritability and hyperactivity** in a [placebo-controlled trial of 60 children with ASD](#). However, sulforaphane caused **no behavioral improvements** in an 18-week [placebo-controlled trial of 28 children with ASD aged 3-7](#) [[R](#), [R](#), [R](#)].

Supplementation with sulforaphane (50-150 μmol) for 18 weeks **improved the Aberrant Behavior Checklist (by 34%) the Social Responsiveness Scale (by 17%), social interaction, abnormal behavior, and verbal communication** in a [placebo-controlled trial of 44 adolescents and young men with moderate to severe ASD](#). However, the **scores rose to pretreatment levels upon discontinuation** [[R](#)].

16  **Lactobacillus Plantarum**

IMPACT 1 / 5

EVIDENCE 1 / 5

How to implement

Take a probiotic supplement containing *Lactobacillus plantarum* 299V daily. The typical dosage is 10 billion colony-forming units (CFUs). Continue for at least 4 weeks to assess benefits on digestive health.

TYPICAL STARTING DOSE
10 billion CFU

Description

[Lactobacillus plantarum](#) is a [probiotic](#) bacterium found in many fermented plant products such as sauerkraut, pickles, brined olives, and Korean kimchi [\[R\]](#).

People take *L. plantarum* supplements to improve [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Diarrhea
- Skin appearance
- IBD
- High cholesterol

How it helps

A four-week, double-blind, placebo-controlled study in Taiwan investigated Lactobacillus plantarum PS128 (PS128) effects on boys aged 7–15 with autism spectrum disorder (ASD). PS128 improved opposition/defiance behaviors and significantly reduced SNAP-IV scores in younger children (aged 7–12) compared to placebo [\[R\]](#).

17



Keto Diet

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Adopt a diet that consists of about 70-80% fat, 10-20% protein, and 5-10% carbohydrates. Eliminate or significantly reduce the intake of sugar and starches like bread, pasta, rice, and potatoes, focusing instead on high-fat foods like meats, fatty fish, eggs, butter, and healthy oils, as well as low-carb vegetables like leafy greens. This dietary pattern should be maintained consistently for a period of at least 3-4 weeks to achieve ketosis, after which it can be adjusted based on individual goals and responses.

Description

The keto diet is a high-fat, low-carbohydrate eating plan designed to induce a state of ketosis in the body, where it primarily burns fat for energy. It is often used for weight loss and managing certain medical conditions.

The ketogenic diet, or the 'keto' diet, is rich in fat and restricts carb intake [\[R, R\]](#).

On the ketogenic diet, 50 g of carbs or less are consumed per day. Around 55-80% of the calories come from fat [\[R\]](#).

The ketogenic diet depletes the body of sugars like glucose. When people fast or eat very little carbs, the body makes less insulin. In response, the body starts using fat for energy.


When the body only uses fat for energy, molecules called ketones are formed. This state is called *ketosis*.

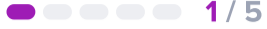
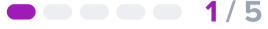
The ketogenic diet may help with:

- Seizures [\[R\]](#)
- Excess weight [\[R\]](#)
- Diabetes [\[R, R\]](#)

How it helps

In 2 non-placebo-controlled trials of 47 children with autism spectrum disorder, eating a ketogenic diet for 3-6 months led to symptom and metabolic improvements [\[R, R\]](#).

18  **Ginkgo**

IMPACT  **EVIDENCE** 

How to implement

Take 120 mg of Ginkgo supplement daily, preferably with meals to aid absorption. This dosage is typically split into two 60 mg doses taken in the morning and evening for best results.

TYPICAL STARTING DOSE

120 mg

Description

[Ginkgo](#) (*Ginkgo biloba*) is an ancient tree used in traditional Chinese medicine [\[R, R\]](#).


According to limited evidence, ginkgo leaf extract may help with [\[R, R, R, R\]](#):


- Anxiety
- Dementia
- Eye problems
- Blood vessel problems
- Vitiligo


How it helps

Ginkgo Biloba EGb 761, when used as an add-on therapy for autism, showed potential improvements in social interaction and behavior in a small observational study, but further research is needed [\[R\]](#).

A double-blind clinical trial investigated Ginkgo biloba extract (Ginko T.D.) as an adjunct to risperidone in autism treatment. The study found no significant improvement in behavior or side effects, suggesting Ginkgo biloba's limited impact, but more research is required [\[R\]](#).

19  **Avoid Mycotoxin**

IMPACT  1 / 5

EVIDENCE  1 / 5

How to implement

To avoid mycotoxins, store grains and nuts in a dry, cool place, check for mold on foods before eating, and avoid consuming products with visible mold. Prefer buying whole foods over processed ones, and if possible, opt for foods tested for mycotoxin contamination. Discard any food that smells musty or shows signs of spoilage.


Description

Avoiding mycotoxin exposure, which can occur in contaminated foods, is crucial to prevent potential health risks such as liver damage and cancer. Being cautious about food quality and storage conditions can help minimize the risk of mycotoxin ingestion.

How it helps

A study of 233 children found higher mycotoxin levels in the bodily fluids of those with autism spectrum disorder [\[R\]](#).

20



Avoid Pesticide Exposure

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Purchase organic produce when possible, wash fruits and vegetables thoroughly under running water, and peel them if not organic. Use natural pest control methods instead of chemical pesticides at home and garden. Limit the use of non-organic lawn and garden chemicals.

Description

Pesticides include all chemicals used to kill weeds, insects, fungi, and microbes. Reducing pesticide exposure involves choosing organic or pesticide-free foods and using natural pest control methods to limit contact with potentially harmful chemical residues. It supports overall health by reducing the risk of pesticide-related health issues.

Pesticides include all chemicals used to kill weeds, insects, fungi, and microbes. They are widely used in agriculture to improve crop yields. Common groups of pesticides include:

- Organophosphates (glyphosate, parathion, malathion, chlorpyrifos, diazinon, phosmet)
- Neonicotinoids (imidacloprid, acetamiprid, thiacloprid, clothianidin)
- Pyrethroids (permethrin, alpha-cypermethrin)


Chronic exposure to pesticides has been linked to:


- Fertility problems [\[R\]](#)
- Cognitive problems [\[R\]](#)
- Alzheimer's and Parkinson's disease [\[R, R\]](#)
- Thyroid problems [\[R\]](#)
- Obesity [\[R\]](#)
- DNA damage and cancer [\[R, R, R\]](#)

How it helps

Maternal pesticide exposure, particularly to organophosphorus pesticides (OPs), pyrethroids, and organochlorine pesticides (OCPs), increases the risk of ASD and ADHD in offspring, with maternal age ≥ 30 also playing a role in ASD risk [\[R\]](#).

A meta-analysis of eight studies with 50,426 participants found a significant association between maternal pesticide exposure (residential proximity and self-report) and ASD risk in offspring (OR 1.88, 95% CI 1.10-3.20). However, biomarker-based exposure showed no significant association (pooled OR 1.13, 95% CI 0.83-1.54). Further research is required for confirmation [\[R\]](#).

21  **Resveratrol**

IMPACT  **EVIDENCE** 

How to implement

Take 150-500 mg of resveratrol as a supplement daily, preferably with meals to enhance absorption. This dosage range is based on studies for various health benefits, and it's advised to not exceed 500 mg per day without medical supervision.

TYPICAL STARTING DOSE

150 mg

Description

Resveratrol is a natural compound found in red grapes, red wine, and some berries. It is known for its potential antioxidant properties and its role in promoting heart health.

[Resveratrol](#) is an antioxidant found mainly in [\[R\]](#):

- Berries
- Red grapes
- Red wine
- Peanuts

It's purported to have anti-inflammatory and antioxidant effects [\[R, R, R\]](#).

How it helps

In a placebo-controlled trial of 62 children with autism, supplementation with resveratrol (250 mg, 2x/day) as an add-on to risperidone decreased hyperactivity/non-compliance [\[R\]](#).

22



B Vitamins

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a B vitamin complex supplement once daily, preferably with your morning meal to enhance absorption. The supplement should include a range of B vitamins such as B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folate), and B12 (cobalamin). Ensure consistency by taking it at the same time each day.

Description

B vitamins help the body function properly. Two examples are [vitamin B9 \(folate\)](#) and [vitamin B12](#). They play essential roles in [\[R, R, R, R\]](#):

- DNA formation
- Metabolism
- Energy production

You can get these vitamins from [\[R, R, R, R, R\]](#):

- Animal products
- Green leafy vegetables
- Citrus fruits
- Fortified foods
- Supplements

Adults should be getting **400 micrograms (mcg) of folate** and **2.4 mcg of vitamin B12** every day [\[R, R\]](#).

Folate deficiency is rare but can happen in people that don't eat enough fruits and vegetables. Alcoholics and lactating mothers may also be at an increased risk [\[R\]](#).

Vitamin B12 deficiency often takes years to develop, as the body is able to store large amounts in the liver. Groups that may be at an increased risk include [\[R, R\]](#):

- Vegans
- Pregnant women
- Older people
- People with gut issues

How it helps

B vitamins, particularly B6, B12, and folate, are important for brain function and the production of neurotransmitters, which can help improve mood and cognitive abilities.

23  **Support Groups**

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Attend a support group meeting related to your condition at least once a week. These meetings can be found through local hospitals, online platforms, or health organizations specific to your condition. Participation can be in-person or virtual, depending on what is offered and your preference.

Description

Support groups are gatherings of individuals facing similar challenges, where they can share experiences, emotions, and coping strategies. They offer emotional support, camaraderie, and valuable insights for those dealing with various health conditions or life circumstances.


Support groups involve people with similar struggles helping each other. Support groups usually take place in a casual setting. During sessions, people share their [\[R\]](#):

- Knowledge
- Experiences
- Coping strategies
- Understanding of the recovery process

Support groups may help support recovery from addictions [\[R\]](#).

How it helps

Support groups provide a sense of community and understanding, helping neurodivergent individuals navigate challenges with emotional support.

24  **Maintain Optimal Vitamin D Levels**

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE

1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control


[Sunlight](#) is our main source of vitamin D. 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 [\[R, R\]](#).

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [\[R\]](#).

How it helps

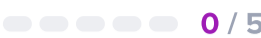
Vitamin D has been linked to better mood and cognitive function, which can be beneficial for neurodivergent individuals.


25



Dietary Magnesium

IMPACT
EVIDENCE





How to implement

Increase your intake of magnesium-rich foods such as leafy green vegetables, nuts, seeds, and whole grains. Aim to include these foods in your diet daily, following the recommended dietary allowance of 320 mg per day for women and 420 mg per day for men.

Description

Magnesium is a vital mineral involved in over 300 biochemical reactions in the body. It supports various functions, including muscle and nerve function, bone health, and blood sugar regulation.

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 plays a critical role in nervous system function and can help reduce symptoms of anxiety and improve overall mental health.


26



Behavioral Sleep Extension

IMPACT
EVIDENCE





How to implement


To implement behavioral sleep extension, aim to increase your total sleep time by going to bed 15 to 30 minutes earlier than your usual bedtime, or by allowing yourself to sleep later in the morning. Gradually increase this time as needed to reach a target of 7 to 9 hours of sleep per night, consistently, including on weekends. Adjust your daily schedule to accommodate this change, making sleep a priority.

Description

Behavioral sleep extension involves adopting healthier sleep habits to extend the duration and improve the quality of sleep. It can lead to improved cognitive function, mood, and overall well-being by addressing sleep deficiency.

How it helps

Improving sleep patterns can enhance daytime functioning and reduce irritability, which is particularly important for neurodivergent individuals.

27  **Social Activity**

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Participate in group activities or gatherings with friends, family, or community members at least twice a week. This could include joining clubs, attending local events, or scheduling regular outings with friends. Aim for these social engagements to last at least an hour each time to foster meaningful connections and conversations.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in social activities, such as spending time with friends and family or participating in group events, can have numerous mental and emotional health benefits. It helps reduce feelings of loneliness, enhances mood, and promotes a sense of belonging and well-being.

Social activities involve physical and mental activities with others that you enjoy and find meaningful. There are plenty of ways to stay socially active and maintain social well-being as you age.


Research has shown that a socially active lifestyle [\[R\]](#):

- Makes you less likely to develop certain chronic conditions.
- May promote a longer lifespan.
- Can improve mood and mental health.
- Can improve memory and other aspects of cognition.

How it helps

Engaging in social activities can enhance communication skills and reduce feelings of isolation for neurodivergent individuals.

28



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

ACT helps improve psychological flexibility, which can assist neurodivergent individuals in managing symptoms by focusing on mindfulness and value-based actions.

29



Walking

IMPACT

0 / 5

EVIDENCE

0 / 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

Walking can improve physical health, reduce stress, and boost mood, benefiting the overall well-being of neurodivergent individuals.

30  **Aerobic Exercise (Cardio)**

IMPACT 0 / 5

EVIDENCE 0 / 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

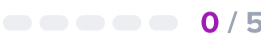
Regular aerobic exercise has been shown to improve mood and decrease anxiety, which can be beneficial for neurodivergent individuals.


31



Dietary Omega-3 Fatty Acids

IMPACT
EVIDENCE





How to implement

Incorporate foods high in omega-3 fatty acids into your diet daily. This includes eating fish such as salmon, mackerel, and sardines at least twice a week. Alternatively, include a tablespoon of flaxseed oil or chia seeds in your daily diet.

Description

[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. **EPA and DHA are vital for mental and heart health** [\[R, R, R\]](#).

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


- Salmon
- Tuna
- Herring
- Sardines

For optimal health, 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

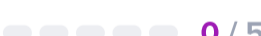
Omega-3 fatty acids can support brain health by improving cognitive function and reducing inflammation, which may be beneficial for conditions like ADHD and autism.

32



Mindfulness-Based Stress Reduction (MBSR)

IMPACT
EVIDENCE





How to implement

Enroll in an 8-week MBSR course, which includes a weekly 2.5-hour class, one all-day class after the sixth week, and 45 minutes of daily home practice guided by assignments and instructional recordings.


TYPICAL STARTING DOSE
2 hours

Description

Mindfulness-Based Stress Reduction (MBSR) is a structured program that teaches mindfulness techniques to reduce stress and improve overall mental and emotional health. MBSR has been shown to help individuals cope with chronic pain, anxiety, and other stress-related conditions.

How it helps

MBSR helps in reducing anxiety and improving attention, which can benefit neurodivergent individuals.

33  **Mindfulness Meditation**

IMPACT 0 / 5

EVIDENCE 0 / 5

How to implement

Practice mindfulness meditation for 10-20 minutes daily. Find a quiet, comfortable place to sit or lie down, then focus on your breath, observing thoughts and sensations without judgment. Consistency is key, so try to incorporate it into your daily routine, perhaps in the morning or before bed.

TYPICAL STARTING DOSE

30 minutes

Description

Mindfulness meditation involves focused attention on the breath or a specific point of focus to cultivate mindfulness and reduce stress. Regular meditation practice is associated with improved mental clarity, emotional regulation, and overall well-being.

How it helps

Mindfulness meditation aids in enhancing focus and reducing stress, which can be particularly beneficial for neurodivergent individuals.

34



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 can improve cognitive function, emotional regulation, and overall mental health in neurodivergent individuals.