

Table of Contents

03 How this works

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

07 Introduction

08 Your genetics

10 Your recommendations

59 Next Steps

- 59 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.



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:



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

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

Sleep is an essential part of life. It revitalizes and restores our brain and bodies. Sleep is vital for:

- **Brain health:** sleep clears waste from the brain and helps us create long-lasting memories [R, R, R, R].
- **Metabolic balance:** sleep helps balance our blood sugar and supports a healthy appetite, body weight and normal blood pressure [R, R, R, R, R, R, R].
- **Immune health:** sleep balances and strengthens our immune response [R, R, R, R].
- **Cell and tissue repair:** while we sleep our bodies can direct the energy towards repairing and recovery [R, R, R].

The amount of sleep you need depends on many factors, such as your age. **Adults typically need 7-9 hours of sleep per night** [R, R, R].

In adults, sleeping for less than 7 hours or more than 9 hours is linked to health problems like [R, R, R]:

- Obesity
- Diabetes
- Heart disease
- Mental health conditions

Ways to Improve Sleep Duration

PERSONALIZED TO GENES

Based on the genetic variants we looked at, you are likely to get an average amount of sleep. However, environmental and lifestyle factors may also impact your sleep.

The amount of sleep you need depends on many factors, such as your age. Adults typically need 7-9 hours of sleep per night [\[R\]](#), [\[R\]](#), [\[R\]](#).

How much sleep you actually get may depend both on your genes and the environment. Around 50% of the differences in sleep duration between people may be due to genetics [\[R\]](#).

Many of the genes that affect sleep duration are involved in the circadian clock. This is our internal clock that helps control and adjust the sleep-wake cycle to the 24-hour cycle of the Earth’s day [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Strategies that may help you get

GENE	SNP	GENOTYPE
PRKG2	rs41501452	AA
GPD2	rs11883686	AA
COG5	rs7778250	AA
/	rs9362971	TT
/	rs4688116	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		DOSAGE	
1	Behavioral Sleep Extension	2	Relaxation Techniques30 minutes
3	Lemborexant	4	Zaleplon
5	Psychotherapy1 hour	6	Limit Caffeine Intake
7	Aerobic Exercise (Cardio)1 hour	8	Exercise At Least One Hour a Day1 hour
9	Low-Dose Trazodone	10	Melatonin500 mcg
11	Meditation30 minutes	12	Breathing Techniques10 minutes
13	Yoga		

33	Air Purifier		34	Diaphragmatic Breathing	10 minutes
35	Glycine	3 g	36	Avoid PAHs Exposure	
37	Yoga Nidra	30 minutes	38	Regular Sleep Schedule	
39	5-HTP	100 mg	40	Reduce Artificial Light at Night	
41	Listen to Music	30 minutes	42	Massage	30 minutes
43	Tai Chi	1 hour	44	Practice Exercise Snacks	1 minutesute
45	Avoid Long Naps		46	Mindfulness Meditation	30 minutes
47	L-Theanine	100 mg	48	Dietary Tryptophan	
49	Avoid Meals 3-4 Hours Before Bedtime		50	Chamomile	300 mg
51	Mindfulness	30 minutes			

2

Relaxation Techniques

IMPACT

5 / 5

EVIDENCE

4 / 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



PERSONALIZED TO YOUR GENES

People with your **CLOCK** gene variant may be more prone to sleep issues when they’re stressed [R, R]. Take special care to practice relaxation techniques.

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
CLOCK	rs1801260	AG	



Lemborexant

4



Zaleplon

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Zaleplon is usually taken once a day, right before bedtime, to help with falling asleep. The typical dose for adults is 10 mg, though a lower dose of 5 mg may be prescribed for those who are sensitive to medications or have liver issues. It is important to take zaleplon only when you can get a full night's sleep (7 or more hours) to reduce the risk of daytime drowsiness. Zaleplon should be taken on an empty stomach for the quickest effect, and it should not be taken with alcohol or other sedatives. Always follow your healthcare provider's instructions and never take more than the prescribed dose.

Description

5



Psychotherapy

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Schedule and attend regular sessions with a licensed psychotherapist, typically once a week for 50-60 minutes, over a period of several months to years depending on your individual needs and progress. Consistency is key, and the duration can vary widely based on personal goals and the type of psychotherapy being practiced.

TYPICAL STARTING DOSE

1 hour

Description

6



Limit Caffeine Intake

IMPACT

4 / 5

EVIDENCE

4 / 5

How to implement

Limit your caffeine consumption to less than 200 milligrams per day, equivalent to about two 6-ounce cups of coffee. Aim to avoid caffeine-containing foods and beverages such as tea, chocolate, and some soft drinks, especially in the late afternoon and evening to minimize sleep disturbances.

Description

Although caffeine is the world's most popular stimulant, some people choose to limit or avoid it due to potential adverse effects on their sleep, mood, or blood pressure.

7



Aerobic Exercise (Cardio)

IMPACT4 / 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

8

Exercise At Least One Hour a Day

IMPACT

4 / 5

EVIDENCE

3 / 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

9



Low-Dose Trazodone

IMPACT3 / 5

EVIDENCE4 / 5

How to implement

Low-dose trazodone is typically taken once a day, usually before bedtime, to help with sleep. The common starting dose ranges from 25 to 100 mg, depending on individual needs and the prescribing doctor's recommendations. It is important to take trazodone exactly as prescribed, without exceeding the recommended dose, to minimize potential side effects. It can be taken with or without food, but taking it with food may reduce the likelihood of stomach upset. Always follow your healthcare provider's instructions and allow for a full night's sleep (7 or more hours) after taking trazodone to avoid next-day drowsiness.

Description

10



Melatonin

IMPACT3 / 5

EVIDENCE3 / 5

How to implement

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

TYPICAL STARTING DOSE

500 mcg

Description

Melatonin is a natural hormone produced by the pineal gland in the brain that helps regulate the sleep-wake cycle. It plays a crucial role in promoting sleep

11



Meditation

IMPACT

3 / 5

EVIDENCE

3 / 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

12



Breathing Techniques

IMPACT

3 / 5

EVIDENCE

3 / 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

13



Yoga

IMPACT

3 / 5

EVIDENCE

3 / 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

14



Running

IMPACT

3 / 5

EVIDENCE

2 / 5

How to implement

To implement running into your routine, start with shorter distances and gradually increase as your endurance improves. Aim for 3 to 5 sessions per week, each lasting 20 to 30 minutes. Wear appropriate running shoes to prevent injuries and choose varied routes to keep the activity engaging. Incorporate warm-up exercises before running and cool down with stretches afterward to enhance flexibility and recovery.

Description

Running is a versatile and accessible form of aerobic exercise that improves cardiovascular health

16



Progressive Muscle Relaxation

IMPACT

2 / 5

EVIDENCE

3 / 5

How to implement

Set aside at least 10-15 minutes daily in a quiet, comfortable spot where you won't be disturbed. Start by tensing the muscles in your feet for 5 seconds, then relax for 30 seconds, and progressively work your way up through the major muscle groups of your body, tensing then relaxing each for 5 and 30 seconds respectively.

TYPICAL STARTING DOSE
10 minutes

Description

18



Magnesium

IMPACT

2 / 5

EVIDENCE

2 / 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

250 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

19



Saffron

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take 20 mg of saffron supplement daily. This can be taken at any time of the day, with or without food.

TYPICAL STARTING DOSE

20 mg

Description

Saffron is a spice derived from the stigma of the sa

21



Acupuncture

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Visit a licensed acupuncturist for a session, typically lasting between 30 to 60 minutes, once or twice a week. Depending on your specific condition, a course of treatment might range from a few weeks to several months.

TYPICAL STARTING DOSE

1 hour

Description

Acupuncture is a part of traditional Chinese medicine. It involves

22



Biofeedback

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Attend biofeedback sessions once or twice a week for about 8 to 10 weeks. During these sessions, a therapist will guide you through exercises to control different body functions, such as heart rate or muscle tension, using monitors that provide feedback on your physiological state. Practice the techniques learned during sessions at home daily to improve symptoms and manage your condition.

Description

Biofeedback is a type of therapy that teaches people how to control certain body functions

23



Self-Hypnosis

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Practice self-hypnosis for 20-30 minutes daily. Find a quiet, comfortable place where you won't be disturbed. Close your eyes, take deep breaths, and focus on positive affirmations or imagery that addresses your specific needs, such as reducing stress or pain management.

TYPICAL STARTING DOSE
20 minutes

Description

Self-hypnosis involves using relaxation techniques and focused attention to

25



Purple Passionflower

IMPACT2 / 5

EVIDENCE1 / 5

How to implement

Take a 500 mg supplement of purple passionflower daily, preferably at the same time each day. It can be consumed with or without food according to your preference.

TYPICAL STARTING DOSE

500 mg

Description

Purple passionflower is a flowering plant native to the Americas,

26



Blue Light Therapy

IMPACT2 / 5

EVIDENCE1 / 5

How to implement

To utilize blue light therapy, expose your skin or eyes to a blue light therapy device for about 15 to 30 minutes daily. This can be done at home using a personal device or under professional supervision, depending on the condition being treated. Consistency is key, so incorporating it into your daily routine, such as during morning or evening skin care, is recommended.

TYPICAL STARTING DOSE

30 minutes

Description

