

Sleep Latency

Biohacker Report

REPORT CATEGORY —



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

Sleep latency is the **amount of time it takes for you to fall asleep** [\[R\]](#). Your sleep latency can provide vital insights into your sleep health.

A healthy sleep latency for adults is around 10-20 minutes [\[R\]](#). It's important to note that individual variations exist, and what might be a normal sleep latency for one person could be abnormal for another.

A **longer sleep latency can be associated with insomnia or anxiety-related sleep issues**. A **short sleep latency** is rarely an issue. However, it **may indicate extreme fatigue** or certain sleep disorders like narcolepsy [\[R\]](#).

If you have concerns about your sleep patterns or the time it takes for you to fall asleep, it may be a good idea to consult with a sleep specialist.

Factors Influencing Sleep Latency

PERSONALIZED TO GENES

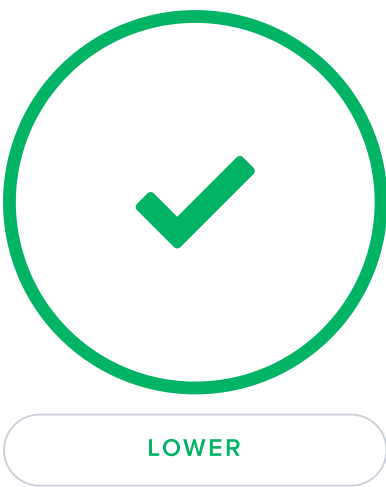
Based on the variants we looked at, you may need less time to fall asleep. However, sleep habits, stress levels, screen time before bed, caffeine consumption, and sleep environment significantly affect how quickly you fall asleep.

How long does it take for you to fall asleep? Do you pass out as soon as your head hits the pillow? Or do you toss and turn for what seems like hours, before you drift asleep? The time it takes for you to fall asleep is referred to as **sleep latency** [R].

Many factors can affect your sleep latency, including your genes. About **20-45% of differences in sleep latency are due to genetics**. Scientists identified several genes that play a key role in sleep latency by influencing the release of neurotransmitters such as GABA or by affecting the setting of the body’s internal clock [R, R, R].

If you are struggling to fall asleep at night, these may improve your sleep latency [R, R, R, R, R, R]:

- Sticking to a regular sleep schedule and having a consistent sleep routine
- Maintaining a sleep area that’s cool, dark, and quiet
- Avoiding hunger or large meals before bed
- Avoiding nicotine, caffeine, and alcohol before bed
- Getting enough daytime exposure to natural light
- Getting regular physical activity
- Addressing stress and anxiety, e.g. by mindfulness and relaxation techniques



Predisposed to lower sleep latency based on 7,281,604 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
MDFIC2	rs147786325	TT
SLC26A7	rs77942316	GA
SLC26A7	rs61134957	AC
NDUFA4	rs73678284	CC
IL21	rs62324204	CT
SP140L	rs17273810	CA
MCTP2	rs11074250	TA
PMP22	rs9907309	GA
CSNK2A1	rs112815007	AA
CSNK2A1	rs74448913	TT
CSMD1	rs62480124	GG
FRAS1	rs6842385	GG
/	rs62217115	TT
GRM7	rs185934952	GG
RANBP3L	rs114965806	CC
ERCC4	rs12934187	CC
CDC42EP3	rs144261420	AA
HLF	rs79692461	AA
KLHL29	rs62126824	AA
RANBP3L	rs74541420	CC
MALRD1	rs2686656	AA
NAT1	rs7845127	CC
VAV3	rs17556028	CC

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	Zinc	15 mg	2	Zinc Sulfate	220 mg
3	Reduce Artificial Light at Night		4	Avoid Meals 3-4 Hours Before Bedtime	
5	Sleep for 7+ Hours		6	Limit Caffeine Intake	
7	Behavioral Sleep Extension		8	Melatonin	500 mcg
9	Regular Sleep Schedule		10	Napping	20 minutes
11	Circadian Rhythm Alignment		12	Yoga Nidra	30 minutes
13	Take Naps	20 minutes			

1



Zinc

IMPACT

2 / 5

EVIDENCE

1 / 5

How to implement

Take a 15 mg zinc supplement daily, ideally with a meal to enhance absorption.

TYPICAL STARTING DOSE

15 mg

Description

Zinc is an essential mineral found in various foods, including meat, dairy, and nuts. It is crucial for immune function, wound healing, DNA synthesis, and maintaining healthy skin and nails. Zinc supplements are sometimes used to support immune health and manage zinc deficiencies.

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

- Defend against disease
- Protect DNA from damage
- Heal wounds
- Control blood sugar

Some of the best sources of zinc include **shellfish, pork, beef, and beans**. It is also available as a supplement [\[R\]](#).

Adults should get **8-11 mg of zinc** per day [\[R\]](#).

How it helps

In a placebo-controlled trial of 54 ICU, supplementation with 220 mg zinc sulfate capsules every 72 hours for 1 month improved sleep quality and sleep latency [\[R\]](#).

2



Zinc Sulfate

IMPACT2 / 5

EVIDENCE1 / 5

How to implement

Take zinc sulfate as a dietary supplement by swallowing one 220 mg tablet (equivalent to 50 mg elemental zinc) with water, once daily, preferably with a meal to avoid stomach upset. This regimen can be followed for up to 2 weeks unless advised differently by a healthcare professional.

TYPICAL STARTING DOSE

220 mg

Description

Zinc sulfate is a chemical compound containing zinc and sulfur, used in dietary supplements to address zinc deficiencies, boost immune function, and support skin health. It's employed in medical settings to treat conditions like Wilson's disease and zinc deficiency-related disorders.

How it helps

In a placebo-controlled trial of 54 ICU, supplementation with 220 mg zinc sulfate capsules every 72 hours for 1 month improved sleep quality and sleep latency [\[R\]](#).

3



Reduce Artificial Light at Night

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Starting at least two hours before your usual bedtime, avoid using electronic devices such as smartphones, tablets, and computers. Also, consider using dim red lights for night lights, as red light has the least power to shift circadian rhythm and suppress melatonin. Try to make your sleeping environment as dark as possible by using blackout curtains or a sleep mask.

Description

Reducing artificial light exposure at night involves minimizing exposure to artificial lighting sources, which can disrupt circadian rhythms and sleep patterns. Doing so supports better sleep quality and overall well-being.

[Sunlight](#) or bright light during the day can benefit your body and mind. It may improve your mood, performance, and sleep quality [\[R, R, R\]](#).

However, **exposure to artificial light at night**, for example through the use of phones, tablets, and computers may be harmful [\[R, R, R\]](#).

It may reduce [melatonin](#) production and throw off your [circadian rhythm](#). People with high exposure to artificial light at night like night-shift workers may have an increased risk of [\[R, R, R\]](#):

- Mood disorders (e.g., depression)
- Sleep problems
- Obesity
- Diabetes
- Cancer

How it helps

Reducing artificial light exposure at night helps to align the body's circadian rhythms by promoting melatonin production, a hormone that regulates sleep-wake cycles. This adjustment can lead to improved sleep quality and a decrease in sleep latency, allowing for more restful nights.

4



Avoid Meals 3-4 Hours Before Bedtime

IMPACT

1 / 5

EVIDENCE

1 / 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

Avoiding meals 3-4 hours before bedtime minimizes gastric discomfort and indigestion, which can delay sleep onset. This practice promotes a smoother transition to sleep, thereby helping to reduce sleep latency.

5



Sleep for 7+ Hours

IMPACT1 / 5

EVIDENCE1 / 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

Getting 7+ hours of sleep significantly reduces sleep latency by allowing the body to progress through the necessary sleep cycles for restorative rest. This extended duration improves sleep quality, enhancing cognitive functions and emotional regulation.

6



Limit Caffeine Intake

IMPACT

1 / 5

EVIDENCE

1 / 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.

How it helps

Limiting caffeine intake minimizes its stimulating effects, which can exacerbate sleep latency by increasing alertness and anxiety, ultimately improving the ability to fall asleep and achieve restorative sleep cycles.

7



Behavioral Sleep Extension

IMPACT

1 / 5

EVIDENCE

1 / 5

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

Behavioral sleep extension helps reduce sleep latency by promoting consistent sleep schedules and improving sleep hygiene practices, thereby enhancing overall sleep duration and quality. This can lead to faster sleep onset, reduced fatigue, and improved cognitive performance.

8



Melatonin

IMPACT

1 / 5

EVIDENCE

1 / 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 onset and maintaining a consistent sleep pattern, making it a commonly used supplement for managing sleep disorders and jet lag.

[Melatonin](#) is an important sleep hormone. Bright light at night may prevent your body from making enough melatonin [\[R, R, R\]](#).

Your body makes melatonin on its own. However, some people take melatonin supplements to help them sleep. It may help with jet lag in particular [\[R, R, R\]](#).

How it helps

Melatonin aids in reducing sleep latency by regulating circadian rhythms, enhancing sleep onset and overall sleep quality. Its supplementation promotes relaxation and signaling to the body that it's time to sleep, effectively addressing difficulties in falling asleep.

9



Regular Sleep Schedule

IMPACT

1 / 5

EVIDENCE

1 / 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

Adhering to a regular sleep schedule helps synchronize the circadian rhythm, which can significantly reduce sleep latency by facilitating the onset of sleep. This regulation enhances the body's natural sleep-wake cycle, promoting quicker and more restful sleep.

10



Napping

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take a short nap of 20-30 minutes in the early afternoon, ideally between 1 p.m. and 3 p.m., to avoid interfering with nighttime sleep.

TYPICAL STARTING DOSE

20 minutes

Description

Napping involves short periods of daytime sleep and offers numerous health benefits, including improved alertness, enhanced cognitive function, and mood regulation, making it a valuable tool for boosting productivity and overall well-being.

How it helps

Napping can significantly reduce sleep latency by providing brief periods of restorative sleep, enhancing alertness and cognitive performance. This makes it an effective strategy to combat daytime fatigue while minimizing potential disruptions to nighttime sleep patterns.

11



Circadian Rhythm Alignment

IMPACT

1 / 5

EVIDENCE

1 / 5

Description

Circadian rhythm alignment is the process of adjusting your sleep-wake cycle to match the natural 24-hour cycle of the Earth's rotation. Circadian rhythm alignment has been linked to a number of health benefits, including improved sleep quality, better mood, and reduced risk of obesity, heart disease, and diabetes.

How it helps

Aligning circadian rhythms stabilizes the body's internal clock, which may enhance the timing and quality of sleep onset. This regulation can significantly reduce sleep latency by promoting a natural readiness for sleep.

12



Yoga Nidra

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice Yoga Nidra for 30-45 minutes per session. Choose a quiet, comfortable place where you won't be disturbed. Aim to do this 3-5 times a week, preferably in the evening before bed to help improve sleep quality and reduce stress.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga nidra is a guided meditation and relaxation practice that originates from yoga traditions. It is used for reducing stress, improving sleep quality, and promoting mental relaxation, often involving deep introspection and heightened awareness.

How it helps

Yoga Nidra aids sleep latency by inducing a state of deep relaxation, which lowers cortisol levels and alleviates stress. This meditative practice improves the body's ability to transition into sleep, thereby enhancing overall sleep quality.

13



Take Naps

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take short naps of about 20-30 minutes in the early afternoon, preferably between 1 pm and 3 pm, to avoid interfering with nighttime sleep.

TYPICAL STARTING DOSE

20 minutes

Description

Taking short naps, typically lasting 20-30 minutes, can improve alertness, mood, and cognitive performance. Napping can be a beneficial practice for combating fatigue and enhancing daytime productivity.

How it helps

Taking short naps can effectively reduce sleep latency by alleviating fatigue and enhancing cognitive function, thus promoting a more alert state during waking hours. This practice helps improve overall daytime productivity without significantly impacting nighttime sleep quality.

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.