

Sleep Movement

DNA Health Report

REPORT CATEGORY —



Sample Client

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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

Have you ever been told you move while you sleep? Some people move more than others during the night, but they are often not aware of it – at least, not until their bed partner complains.

Scientists call these movements ***periodic limb movements***. These movements involve simple, repetitive tightening or flexing of muscles, most often in the lower legs. They don't usually disturb the mover's sleep [R, R].

However, when they do disrupt sleep, they can make a person sleepy during the day [R, R].

Genetics of Sleep Movement

PERSONALIZED TO GENES

According to the genetic variants we looked at, you move an average amount while you are asleep. However, other genetic, environmental and lifestyle factors may also play a role. If you are having trouble sleeping, talk to your doctor about causes and possible solutions.

Have you ever been told you move while you sleep? Sleep movements are common. They don't usually disturb the mover's sleep. However, when they do disrupt sleep, they can make a person sleepy during the day [R, R].

People may be more likely to experience periodic limb movements as they age. About 1 in 3 people over the age of 60 experience sleep movements [R, R]

Other factors that may influence sleep movement include [R, R]:

- **Sex** – men tend to move more in their sleep
- **Diet** – a lack of iron in the diet may make sleep movements worse
- **Genetics**

Scientists have linked several genes to increased sleep movement. For example:

- *MEIS1* gene, which influences the iron metabolism in the brain [R, R, R, R, R].
- *BTBD9* gene, which may influence the brain dopamine metabolism [R, R, R, R, R].
- *TOX3* gene, which may play an important role in nerve cell activity [R, R, R].



TYPICAL LIKELIHOOD

Typical likelihood of sleep movement based on 7,138,059 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
MEIS1	rs2300478	TG
GLO1	rs3923809	GA
TOX3	rs3104788	TC
MEIS1	rs113851554	GG

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	Dietary Iron	10 mg	2	Aerobic Exercise (Cardio)	1 hour
3	Exercise At Least One Hour a Day	1 hour	4	Strength Training	1 hour
5	Limit Caffeine Intake		6	Yoga	30 minutes
7	Meditation	30 minutes	8	Stretching	15 minutes
9	Avoid Arsenic Exposure		10	Whole-Body Cryotherapy	2 minutes
11	Breathing Techniques	10 minutes	12	Relaxation Techniques	30 minutes
13	Avoid Meals 3-4 Hours Before Bedtime		14	Avoid Sugary Foods At Night	
15	Melatonin	500 mcg	16	L-Theanine	100 mg
17	Magnesium	250 mg	18	Avoid Spicy Food	
19	Sleep for 7+ Hours		20	Valerian	500 mg
21	Reflexology	30 minutes	22	Massage	30 minutes
23	Vitamin E	200 iu	24	Glycine	3 g
25	Vitamin C	500 mg	26	Acupuncture	1 hour
27	Pneumatic Compression Devices (PCDs)	1 hour	28	Near-Infrared Light Devices	10 minutes

1



Dietary Iron

IMPACT

4 / 5

EVIDENCE

3 / 5

How to implement

Incorporate iron-rich foods into your daily meals, such as red meat, chicken, turkey, fish, beans, lentils, tofu, cooked spinach, and fortified cereals. Aim for at least 18 mg of iron per day for adult women and 8 mg per day for adult men. It's also beneficial to pair these foods with vitamin C-rich foods like oranges, strawberries, or bell peppers to enhance iron absorption.

TYPICAL STARTING DOSE

10 mg

Description

Iron (Fe) is an essential mineral. It helps make [hemoglobin](#), a protein that carries oxygen to cells. In this way, iron **increases energy** and supports **brain and immune system function** [\[R, R, R\]](#).

Foods rich in iron include [\[R\]](#):

- Oysters
- White beans
- Beef
- Chocolate
- Spinach
- Fortified cereals

Women should be getting **8-18 mg** of iron per day, while **men** should be getting **8 mg** [\[R\]](#).

Groups at risk of iron deficiency include [\[R\]](#):

- Menstruating women
- Children
- Vegetarians
- Routine blood donors

How it helps

Low iron levels in the brain may play a role in sleep movements, especially in children. Experts recommend iron supplements for people with sleep movements and iron deficiency [\[R, R, R, R\]](#).

Correcting iron deficiency may help reduce symptoms of sleep movements [\[R, R, R, R, R\]](#).

Please note: *Talk to your doctor before starting iron therapy. It is recommended to test iron and ferritin levels before starting iron therapy for sleep movements.*



PERSONALIZED TO YOUR GENES

Your **BTBD9** gene variant may be linked to sleep movement. This link is likely due to lower iron stores in people with this variant [R]. Take special care to maintain healthy iron levels.

Your **MEIS1** gene variant is linked to sleep movements. This gene may affect iron metabolism [R, R, R]. Take special care to maintain healthy iron levels.

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
GLO1	rs3923809	GA	
GENE	SNP	GENOTYPE	EVIDENCE
MEIS1	rs2300478	TG	



Aerobic Exercise (Cardio)



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

People who are physically inactive may have a higher risk of developing sleep movements. Aerobic exercise may help reduce symptoms in people who already have the condition [R, R].

Exercise may also help reduce sleep movements in people with spinal cord injuries [R].

Low dopamine levels in the brain may play a role in sleep movements. Exercise may help by boosting dopamine [R].

3



Exercise At Least One Hour a Day

IMPACT

3 / 5

EVIDENCE

2 / 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, improve your heart health, boost your mood, and more [\[R\]](#).

There are many ways you can be active. You can walk, run, swim, dance, or play team sports. **Everything counts, and it's never too late to start!**

Try to get at least **60 minutes of moderate physical activity on most days**, including walking. **Getting a mix of cardio (min 150 min/day) and strength training (min 2 times a week) may be optimal.**

How it helps

People who are physically inactive may have a higher risk of developing sleep movements. Exercise may also help reduce symptoms in people who already have the condition. Types of exercise that may help include [\[R\]](#), [\[R\]](#):

- Aerobic exercise
- Resistance training
- Stretching

Exercise may also help reduce sleep movements in people with spinal cord injuries [\[R\]](#).

Low dopamine levels in the brain may play a role in sleep movements. Exercise may help by boosting dopamine [\[R\]](#).

 PERSONALIZED TO YOUR GENES

Your [BTBD9](#) gene variant is linked to sleep movements. This gene may affect dopamine function. Exercise may help by boosting dopamine [\[R\]](#), [\[R\]](#), [\[R\]](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
GLO1	rs9357271	TT	

4



Strength Training

IMPACT3 / 5

EVIDENCE2 / 5

How to implement

Engage in strength training exercises, such as weight lifting or bodyweight exercises, for 60 minutes per session, 2 to 3 times per week. Ensure you work all major muscle groups and rest each muscle group for at least 48 hours before exercising it again.

TYPICAL STARTING DOSE

1 hour

Description

Strength training, also called resistance or *anaerobic* training, contracts the muscles against an external resistance for short periods of time. This helps gain muscle strength, tone, and mass. This can include activities like weight lifting, pushups, and crunches.

Strength training, also known as resistance training, is a type of physical exercise that uses resistance to build strength, anaerobic endurance, and size [R]. Some of the most common strength training methods include [R]:

- Weight lifting
- Bodyweight exercises like push-ups, pull-ups, squats, and lunges.
- Resistance bands
- Plyometrics or explosive force exercises

The benefits of strength training are numerous, and include [R]:

- Increased muscle strength
- Improved bone health
- Reduced risk of injury
- Improved balance and coordination
- Enhanced mood
- Boost metabolism

Consult with a doctor before starting any new exercise program, especially if you have any health conditions.

How it helps

People who are physically inactive may have a higher risk of developing sleep movements. Exercise may also help reduce symptoms in people who already have the condition. Types of exercise that may help include [R, R]:

- Aerobic exercise
- Resistance training
- Stretching

Exercise may also help reduce sleep movements in people with spinal cord injuries [R].

Low dopamine levels in the brain may play a role in sleep movements. Exercise may help by boosting dopamine [R].

5



Limit Caffeine Intake

IMPACT1 / 5

EVIDENCE2 / 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

Consuming coffee and other caffeinated beverages may increase the risk of sleep movements. However, the evidence is mixed [\[R, R, R\]](#).

Nevertheless, experts often recommend reducing caffeine intake for people experiencing sleep movements [\[R, R\]](#).

6



Yoga

IMPACT

1 / 5

EVIDENCE

1 / 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 that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

People with high levels of stress may be at increased risk of experiencing sleep movements [\[R\]](#).

Some experts may recommend relaxation techniques such as yoga, meditation, or breathing exercises to reduce stress in people with sleep movements. In line with this, yoga may help with restless legs [\[R\]](#), [\[R\]](#).

7



Meditation

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

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

TYPICAL STARTING DOSE

30 minutes

Description

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

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

- Mindfulness
- Focused
- Transcendental
- Mantra
- Moving

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

- Stress and anxiety
- Mood
- Sleep disturbances
- Pain

How it helps

People with high levels of stress may be at increased risk of experiencing sleep movements [\[R\]](#).

Some experts may recommend relaxation techniques such as yoga, meditation, or breathing exercises to reduce stress in people with sleep movements [\[R\]](#).

8



Stretching

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Incorporate stretching exercises into your daily routine, dedicating at least 10-15 minutes each day. Focus on major muscle groups such as the neck, shoulders, chest, back, hips, and legs. For best results, stretch both before and after other physical activities, holding each stretch for 15-30 seconds without bouncing.

TYPICAL STARTING DOSE

15 minutes

Description

Stretching involves gently elongating the muscles to improve flexibility, reduce muscle tension, and enhance joint mobility. Regular stretching can help prevent injuries, promote better posture, and increase overall physical comfort.

Stretching is a form of physical exercise that involves moving a muscle or group of muscles to their maximum range of motion. The most common types are **dynamic** (involving movement) and **static** stretching.

Stretching can help **improve flexibility, range of motion, and posture**. It may also relieve stress, reduce muscle soreness and tension, increase blood flow, and reduce the risk of injuries.

To get the most out of stretching, try to do it regularly, breathe deeply, and ease into the stretches.

How it helps

People who are physically inactive may have a higher risk of developing sleep movements. Exercise may also help reduce symptoms in people who already have the condition. Types of exercise that may help include [\[R\]](#), [\[R\]](#):

- Aerobic exercise
- Resistance training
- Stretching

Exercise may also help reduce sleep movements in people with spinal cord injuries [\[R\]](#).

Low dopamine levels in the brain may play a role in sleep movements. Exercise may help by boosting dopamine [\[R\]](#).

9



Avoid Arsenic Exposure

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Use a water filter certified to remove arsenic if you rely on well water, opt for arsenic-tested rice or rice products, and avoid using contaminated pesticides or herbicides in gardening or farming. Test your home for arsenic if you live in an area known for high levels of arsenic in soil or water. Limit consumption of foods known to accumulate arsenic such as rice and rice-based products, especially if you are pregnant, nursing, or preparing meals for young children.

Description

Avoiding arsenic exposure is essential for preventing potential health risks associated with arsenic contamination in drinking water and foods. Chronic exposure to arsenic has been linked to various health issues, including cancer and cardiovascular problems.

Arsenic is a [heavy metal](#) naturally found in the environment. It is used for mining, fracking, and industrial applications, such as the production of pesticides and wood preservatives, and the use of fossil fuels [\[R\]](#).

The main sources of exposure to arsenic are contaminated [\[R\]](#), [\[R\]](#), [\[R\]](#):

- **Drinking water**
- **Rice** and fish
- Air

Long-term exposure to high amounts of arsenic may be linked to health problems, including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Skin disorders
- Heart disease
- High blood pressure
- Stroke
- Diabetes
- Cancer

Please note: *Soaking, washing until clear, and cooking rice with a high (1:6) water-to-rice ratio may help reduce rice’s arsenic content* [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

A study of 5,563 participants associated high levels of urinary arsenic with wake-up at night and leg jerks while sleeping [\[R\]](#).

Arsenic is neurotoxic and can disrupt neurotransmitter systems and brain function, potentially leading to restless sleep and abnormal sleep movements.

10



Whole-Body Cryotherapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Participate in whole-body cryotherapy sessions by entering a cryotherapy chamber for 2-3 minutes, where temperatures drop to between -100°C to -140°C (-148°F to -220°F). These sessions should be performed 2-3 times a week for optimal benefits.

TYPICAL STARTING DOSE

2 minutes

Description

Whole-body cryotherapy involves brief exposure to extreme cold temperatures in a controlled chamber. It is used to reduce inflammation, alleviate muscle soreness, and promote recovery in athletes and individuals seeking pain relief.

How it helps

A study investigated the effects of whole-body cryotherapy after evening training on sleep quality and night HRV in 22 active men. Whole-body cryotherapy reduced nighttime movements, improved subjective sleep quality, and positively impacted HRV during slow-wave sleep [\[R\]](#).

Whole-body cryotherapy may help by reducing inflammation and pain that might otherwise disrupt your sleep.

Please note: *Rapid cold exposure can cause life-threatening changes to your breathing and heart rate. This is called the cold-shock response. Be cautious of any form of sudden temperature change to your environment, especially if you have heart disease or other health conditions [\[R\]](#).*

11



Breathing Techniques

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Practice deep breathing exercises for 10 minutes daily, preferably in a quiet space where you won't be disturbed. Sit or lie down in a comfortable position, slowly inhale through your nose, allowing your chest and lower belly to rise, hold the breath for a moment, and then exhale slowly through your mouth or nose. This can be done at any time of day to reduce stress and improve focus.

TYPICAL STARTING DOSE

10 minutes

Description

Breath awareness and specific breathing techniques, such as deep breathing or mindfulness-based practices, can help reduce stress, improve focus, and enhance overall mental well-being. These techniques are valuable tools for managing anxiety and promoting relaxation.

Most breathing techniques involve taking slow and even breaths. Their main goal is to prevent rapid breathing (**hyperventilation**) [\[R\]](#).

Breathing techniques tend to help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Stress
- Anxiety
- Sleep problems
- Asthma

One example is the **Buteyko breathing technique**. It's often used by people with asthma or other conditions that affect the lungs [\[R\]](#).

Another example is **yogic breathing**. [Yoga](#) is a practice that combines breathing techniques with exercise and meditation [\[R\]](#), [\[R\]](#).

How it helps

People with high levels of stress may be at increased risk of experiencing sleep movements [\[R\]](#).

Some experts may recommend relaxation techniques such as yoga, meditation, or breathing exercises to reduce stress in people with sleep movements [\[R\]](#).

12



Relaxation Techniques

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

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

TYPICAL STARTING DOSE

30 minutes

Description

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

We all get stressed from time to time.

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

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

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

- Anxiety
- Depression
- Chronic pain

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

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

How it helps

People with high levels of stress may be at increased risk of experiencing sleep movements [\[R\]](#).

Some experts may recommend relaxation techniques such as yoga, meditation, or breathing exercises to reduce stress in people with sleep movements [\[R\]](#).

13



Avoid Meals 3-4 Hours Before Bedtime

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

Description

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

How it helps

Eating large or heavy meals late in the day can lead to discomfort and indigestion, which may exacerbate sleep movement issues by making it harder to fall asleep or stay asleep.

14



Avoid Sugary Foods At Night

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Stop consuming foods and drinks high in sugar at least 3 hours before your bedtime. This includes desserts, soda, and sweetened beverages. Stick to this habit nightly for an ongoing basis to notice improvements in sleep quality and overall health.

Description

Avoiding sugary foods at night can promote better sleep quality and prevent potential sleep disturbances caused by blood sugar fluctuations.

How it helps

Consuming sugary foods before bed can spike blood sugar levels, leading to energy bursts that interfere with the ability to fall asleep, possibly increasing restlessness and movements.

15



Melatonin

IMPACT

0 / 5

EVIDENCE

0 / 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 is a hormone that regulates the sleep-wake cycle. It can be effective in reducing the time it takes to fall asleep and may improve the quality of sleep.

16



L-Theanine

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 100-400 mg of L-theanine supplement daily. It can be consumed at any time of the day, with or without food.

TYPICAL STARTING DOSE

100 mg

Description

L-theanine is an amino acid found in tea leaves, known for its calming and relaxation-promoting effects. It is often used to reduce stress and anxiety and may contribute to improved focus and cognitive performance.

[L-theanine](#) is an amino acid found in black and [green tea](#) [\[R\]](#).

People take L-theanine as a supplement to [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Improve cognition
- Boost immunity
- Relieve anxiety and stress

How it helps

L-Theanine is an amino acid that promotes relaxation and can improve sleep quality by enhancing alpha brain waves and reducing excitatory brain chemicals.

17



Magnesium

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

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

TYPICAL STARTING DOSE

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 well-being and reduce the risk of magnesium deficiency-related health issues.

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

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

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

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

How it helps

Magnesium can help with sleep movement disorders as it can contribute to deep, restful sleep by maintaining healthy levels of GABA, a neurotransmitter that promotes sleep. Additionally, magnesium's role in nerve function may help to control the restlessness and involuntary movements often associated with these conditions.

18



Avoid Spicy Food

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Eliminate or significantly reduce consumption of foods high in spices, such as hot peppers, curry, and salsa, from your daily diet.

Description

For individuals sensitive to spicy foods, avoiding excessively hot or spicy dishes can prevent digestive discomfort and heartburn, promoting better gastrointestinal comfort and overall well-being.

How it helps

Spicy foods can cause heartburn or indigestion, especially when consumed close to bedtime, which can lead to disrupted sleep and increased movement.

19



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

Optimized sleep can regulate your body's biological clock (circadian rhythm), which in turn, can help minimize abnormal movement during sleep. A consistent sleep schedule reinforces the natural sleep-wake cycle, reducing the chances of sleep movement disorders.

20



Valerian

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 500 mg of valerian supplement about 30 minutes to an hour before bedtime to help improve sleep quality. Do this daily for best results.

TYPICAL STARTING DOSE
500 mg

Description

Valerian is an herbal supplement made from the roots of the Valeriana officinalis plant. It is commonly used as a natural remedy for sleep disorders and anxiety due to its potential to induce relaxation and improve sleep quality.

[Valerian root](#) is a medicinal herb with relaxing properties. People use it to improve [\[R, R, R, R, R\]](#):

- Sleep
- Seizures
- Anxiety
- Headaches

Compounds in valerian help [\[R, R, R, R, R, R\]](#):

- Reduce stress
- Suppress inflammation
- Relax muscles

How it helps

Valerian root is commonly used as a sleep aid due to its sedative properties and ability to improve sleep quality.

21



Reflexology

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Attend a reflexology session with a certified practitioner for 30-60 minutes, once or twice a week. Continue consistently for at least 4-6 weeks to evaluate its impact on your well-being.

TYPICAL STARTING DOSE

30 minutes

Description

Reflexology is a holistic therapy that involves applying pressure to specific points on the feet, hands, or ears to stimulate natural healing processes throughout the body. It is believed to improve circulation, reduce stress, and promote relaxation, potentially benefiting overall well-being.

Reflexology is the practice of applying pressure to specific parts of your feet or hands. It’s theorized that by pressing on these areas, you can relieve tension from other parts of the body [\[R\]](#).

People mainly use reflexology to help with stress and anxiety. It may also help with pain and sleep problems [\[R\]](#).

How it helps

Reflexology applies pressure to specific areas on your feet, hands, or ears, which corresponds to different body systems, potentially including those influencing sleep. It may help soothe your nervous system, promoting relaxation and better sleep patterns.

22



Massage

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Schedule a massage session, ideally with a licensed therapist, for 30-60 minutes, once a week. Choose a type of massage that suits your specific needs, such as Swedish for relaxation or deep tissue for muscle tension.

TYPICAL STARTING DOSE

30 minutes

Description

Massage therapy involves the manipulation of soft tissues to relax muscles, reduce stress, and alleviate pain. It can improve circulation, promote relaxation, and provide relief from various physical and mental health concerns.

If you’ve ever had a professional [massage](#), then you probably know how much good it can do. Massages may help with [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Anxiety
- Pain
- Fatigue

Reflexology is a type of massage. It involves applying pressure to specific parts of your feet or hands. In theory, by pressing on these areas, you can relieve tension from other parts of the body [\[R\]](#).

Acupressure is a similar technique, in which pressure points are used to help with stress and pain [\[R\]](#), [\[R\]](#).

How it helps

Massages can help encourage better sleep patterns by promoting relaxation and reducing stress, which are significant triggers for sleep movement disorders. Regular massages may also improve circulation, potentially minimizing the muscle cramps and spasms often associated with these conditions.

23



Vitamin E

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 200 IU of Vitamin E daily as a supplement, preferably with a meal that contains fat to enhance absorption.

TYPICAL STARTING DOSE

200 iu

Description

Vitamin E is a fat-soluble antioxidant found in various foods, such as nuts and seeds. It is known for its ability to protect cells from oxidative damage, support immune function, and may play a role in skin health. Vitamin E supplements are used to bolster antioxidant defenses and may be beneficial for conditions related to oxidative stress.

[Vitamin E](#) is an antioxidant important for the immune system and for heart health [\[R\]](#).

Plant-based foods have the most vitamin E. These include [\[R\]](#):

- Wheat germ
- Sunflower seeds
- Almonds
- Plant oils

Adults need about **15 mg** of vitamin E per day [\[R\]](#).

How it helps

Vitamin E doesn't specifically treat Sleep Movement Disorder, but it can indirectly help by improving overall sleep quality. It contributes to cellular health and proper functioning of the immune system which can promote more restful sleep.

Please note: *While dietary vitamin E is generally considered safe, vitamin E supplements have been linked to prostate cancer. They may also not be the best option for pregnant people. Those who have heart disease, bleeding disorders, or other conditions may also need to avoid them. Consult your doctor before taking vitamin E supplements* [\[R\]](#).

24



Glycine

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 3 to 5 grams of glycine supplement per day with water, preferably before bedtime for sleep improvement or spread throughout the day for general health benefits. Continue indefinitely as needed, but consult a healthcare provider for long-term use beyond three months.

TYPICAL STARTING DOSE

3 g

Description

Glycine is an amino acid that may have calming and anti-inflammatory effects, potentially benefiting sleep quality and joint health.

If you can't get enough glycine from food sources, glycine supplements are available. Daily doses of up to **6 g** have been safely used for up to **4 weeks**. Consult your doctor before supplementing.

How it helps

Glycine is an amino acid that may improve sleep quality by lowering core body temperature and promoting a deeper level of sleep.

25



Vitamin C

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 500-2000 mg of vitamin C supplement daily. It can be taken at any time of the day, with or without food, according to personal preference or tolerance.

TYPICAL STARTING DOSE

500 mg

Description

[Vitamin C](#) is an essential nutrient. This means that our bodies can’t produce it on their own, so we have to get it from food or supplements [\[R\]](#).

Foods rich in Vitamin C include: [\[R\]](#)

- Citrus Fruits
- Peppers
- Brussel sprouts
- Kiwi
- Broccoli
- Tomato
- Cantaloupe
- Cauliflower
- Spinach

Vitamin C has antioxidant properties. It supports immunity, heart health, and wound healing [\[R\]](#), [\[R\]](#).

Vitamin C deficiency is called *scurvy*. In the past, many sailors suffered from it [\[R\]](#).

How it helps

The antioxidant properties of vitamin C may reduce oxidative stress, indirectly aiding sleep quality and reducing movements during sleep.

26

Acupuncture

IMPACT

0 / 5

EVIDENCE

0 / 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 inserting thin needles at specific points on the body. People use it to relieve pain and allergies, as well as reduce nausea and improve sleep.

[Acupuncture](#) is a part of traditional Chinese medicine. It involves **inserting thin needles at specific points on the body**. People use it to [[R](#), [R](#), [R](#), [R](#), [R](#)]:

- Relieve pain
- Improve sleep quality
- Relieve allergies
- Reduce nausea

How it helps

Acupuncture stimulates specific points on the body, which can help to balance the energy flow and improve sleep quality. It may also calm overactive mental activities and thus reduce involuntary sleep movements.

27



Pneumatic Compression Devices (PCDs)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Use the pneumatic compression device on the affected limb(s) for 1-2 hours daily. Simply wrap the sleeve around your limb, secure it, and allow the machine to inflate and deflate the sleeve to improve circulation. Repeat this process daily for at least 3 months to assess effectiveness.

TYPICAL STARTING DOSE

1 hour

Description

Pneumatic compression devices are medical devices that use air pressure to improve blood circulation in the limbs. These devices typically consist of inflatable cuffs that are wrapped around the affected limb and inflate and deflate rhythmically, helping to facilitate the movement of blood and lymphatic fluids, reduce swelling, and enhance overall circulation in the treated area.They are commonly used to alleviate conditions like lymphedema and deep vein thrombosis, promoting better vascular health and reducing the risk of complications.

How it helps

PCDs work by applying pressure to the legs, which improves circulation and reduces discomfort, especially in individuals suffering from restless legs syndrome (RLS). This improved circulation and reduced discomfort can lead to better sleep quality and less frequent sleep movement disturbances during the night.

28



Near-Infrared Light Devices

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Use a near-infrared light device for about 10-20 minutes per session, aiming the light directly at the area of your body you wish to treat. Do this 2-4 times a week consistently. It's important to use the device in a well-ventilated area and protect your eyes from direct exposure to the light during the session.

TYPICAL STARTING DOSE

10 minutes

Description

Near-infrared light devices are non-invasive tools that emit low-energy, near-infrared light to penetrate the skin and stimulate cellular activity, potentially aiding in tissue repair, pain management, and improved circulation.

Near-infrared light devices use light with a specific wavelength to improve [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Certain eye conditions
- Skin appearance
- Restless legs syndrome

How it helps

Near-infrared light therapy helps in sleep disorders by enhancing circulation, promoting muscle relaxation, and relieving stress, factors that can disrupt sleep. This is especially beneficial in sleep movement conditions as it can help reduce nighttime activity by promoting restful sleep.

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 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.

