



SLEEP DURATION

GENETIC DATA

GENE	GENO TYPE
NPSR1	AT
CLOCK(1)	GG
CLOCK(2)	GG
PER2(1)	n/a
GNB3	CT
ADA	CT
ABCC9	TG
GRIA3(1)	AC
ABCC9	TG
CLOCK(4)	GG
DEC2	GG
COMT	GA

SHORTER

PROPENSITY

When we don't get the sleep we need, we experience surges of stress hormones which disrupt our cognition and ability to regulate emotions. 90% of adults require 7 - 9 hours of sleep a night. Lost sleep reduces brain power and productivity, diminishes concentration and impairs memory. It lowers creativity, reduces the ability to communicate, impairs motor skills and increases stress and anxiety.

Studies have demonstrated that just two hours of sleep deprivation (5 - 6 hours of sleep) results in a vigilance level equivalent to the consumption of two alcoholic drinks. Interestingly, while there is a detrimental decline in vigilance our perceived level of vigilance will be normal.

Many factors contribute to how long we sleep. Assessing your genetic sleep variations and establishing effective sleep strategies are essential steps in the process of sleep optimization.

Sleep requirements:

Teens 9-10 hours

Adults 7-9 hours

INTERPRETATION:

Shorter sleep duration

RECOMMENDATIONS:



SLEEP ONSET

GENETIC DATA

GENE	GENO TYPE
NPSR1	AT
CLOCK(3)	GG
PER3(1)	AA
PER3(2)	CG
AANAT	.
CACNA1C(1)	AT
CACNA1C(2)	AC
COMT	GA

DELAYED

PROPENSITY



Normal sleep latency, the time from lying down to the first stages of sleep, is approximately 15-20 minutes. Falling asleep faster indicates a degree of sleep deprivation. Often, individuals with a genetic propensity for later sleep, try to force themselves into a different chronotype (circadian rhythm) which can result in significant sleep onset delays

Individual genetics play a large role in the prediction of longer or shorter periods of sleep onset. Despite possessing a propensity for delayed sleep onset, identifying the genetic components that are most impactful to the process allows a much more directed and personalized approach to optimal sleep interventions.

Normal time to onset of sleep is about 15-20 minutes. Onset of sleep outside of this range usually indicates either a genetic or lifestyle component

0-5 minutes - severe sleep deprivation

6-15 minutes - moderate sleep deprivation

15-20 minutes - normal

>20 minutes - probable genetic or environmental

INTERPRETATION:

Delayed sleep onset about 15 minutes

RECOMMENDATIONS: