



Dr Test Doctor (Test Doctor) Test Clinic. 123 Test Street, Test Suburb Victoria 3125

Lab ID
Patient ID PAT-100009
Ext ID 25342-0304

Test Patient

Sex: Male • 45yrs • 01-Jan-80
123 Home Street, Test Suburb Vic 3125

RECEIVED
08-Dec-25

SLEEP PROFILE, BASIC

Specimen type - Saliva

Collected

05-Dec-25 08:00am

TEST	RESULT	H/L		REFERENCE	UNITS
Cortisol, Midnight	6.90	H		(0.00-5.00)	nmol/L
Melatonin, Midnight	9	L		(10-58)	pg/ml

Sleep Profile Comment

ELEVATED MIDNIGHT SALIVA CORTISOL LEVEL:

Is this due to supplementation, adrenal stress, inflammation, medication or fasting? Elevated levels of saliva cortisol at night can interfere with sleep and suppress Melatonin levels.

MIDNIGHT MELATONIN LOW:

Saliva Melatonin midnight level is below reference range and suggestive of the need for supplementation with 3mg of melatonin 30 minutes before bed in the evening. Low levels can be due to pineal gland calcification, low levels of tryptophan or 5-Hydroxy-tryptophan.

Methodology

Automated Chemistry/Immunochemistry, Enzyme-Linked Immunosorbent Assay (ELISA)