



SLEEP PROFILE BASIC - Test Code 1009



Turnaround Time: 3-5 business days



Specimen Type: 1x 5mL
Saliva

Description

Sleep is crucial for maintaining physical, mental, and emotional health, with poor sleep linked to a variety of issues including memory problems, mood disturbances, immune dysfunction, and an increased risk of cardiovascular disease (Ruan et al., 2021). The Sleep Profile test assesses imbalances in two key hormones—melatonin and cortisol—that are often associated with sleep disturbances.

Melatonin, produced by the pineal gland, helps regulate sleep patterns, and a deficiency can lead to issues like insomnia (Ruan et al., 2021). Cortisol, produced by the adrenal glands, plays an essential role in the sleep-wake cycle, with its levels naturally fluctuating throughout the day. Disruption in this pattern, particularly at night, can cause sleep problems (Ruan et al., 2021).

This test offers convenience by collecting just one sample at midnight, a critical time for assessing cortisol and melatonin levels. This approach helps pinpoint imbalances contributing to sleep disorders, allowing healthcare providers to offer targeted interventions to restore healthy sleep patterns and enhance overall well-being.

Whats included?

- Cortisol (x1) - (12-2am)
- Melatonin (x1)- (12-2am)

Conditions and Symptoms

- Insomnia (difficulty falling asleep)
- Waking unrefreshed
- Low Energy
- Poor Memory and concentration
- Learning Disabilities
- Attention Deficit Hyperactivity Disorder (ADHD)
- Irritable Bowel Syndrome (IBS)
- Jetlag

Complementary Testing

- Adrenocortex Stress Profile Basic (Test code 1001)
- Cortisol Awakening Response (Test code 1012)

Accreditations Include:

- NATA ISO 15189 – Requirements for Quality and Competence in Medical Laboratories*
- CLIA – Clinical Laboratories Improvement Amendments*



info@nutripath.com.au



1300 688 522



www.nutripath.com.au

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*See NATA and CLIA website for further details