



CORTISOL AWAKENING RESPONSE - Test Code 1012



Turnaround Time: 3-5 business days



Specimen Type: 6 x 5ml saliva tube

Description

The Cortisol Awakening Response (CAR) refers to the specific increase in cortisol levels that occurs shortly after waking in the morning. This rise in cortisol is a critical component of the body's natural circadian rhythm, helping prepare the body for the physical and psychological demands of the day (Bowles et al., 2022). The body's ability to properly manage this cortisol spike 30-60 minutes after waking is essential for maintaining health, as it regulates energy, metabolism, and the body's stress response (Bowles et al., 2022).

The CAR profile provides significant insights into how the body manages stress and can reveal important aspects of a person's overall health. Abnormal CAR patterns may be associated with a range of health conditions, including chronic stress, anxiety, depression, and adrenal dysfunction (Bowles et al., 2022).

The CAR profile can aid in identifying disruptions in cortisol patterns, which are linked to both acute and chronic stress, and may have broader implications for immune function, cognitive performance, and overall well-being (Bowles et al., 2022). By evaluating the cortisol and DHEA levels throughout the day, this test provides a comprehensive view of the body's stress response, helping clinicians develop more targeted and effective treatment plans.

Whats included?

- DHEAS
- Cortisol (on waking, +30 mins, +60mins, 12noon, 4pm, 9pm)

Conditions and Symptoms

- Excessive fatigue and brain fog
- Decreased sex drive
- Depression
- Insomnia
- Low energy levels especially in the morning
- Muscle and bone loss
- Poor memory
- Weakened immune system

Complementary Testing

- Sleep Profile (Test code 1009)
- Thyroid Profile Extensive (Test code 1114)

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

For more information
scan the QR code



*See NATA and CLIA website for further details