



SLEEP PROFILE EXTENSIVE - Test Code 1013



Turnaround Time: 3-5 business days



Specimen Type: 3 x 5mL
Saliva

Description

Sleep is essential for physical, mental, and emotional well-being, with poor sleep linked to a range of issues including impaired memory, mood disturbances, immune dysfunction, and increased risk for 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, a hormone produced by the pineal gland, regulates normal sleep patterns. A deficiency in melatonin can lead to sleep disturbances such as insomnia (Ruan et al., 2021). Cortisol, a glucocorticoid hormone produced by the adrenal glands, is often referred to as the "stress hormone." Its naturally fluctuating levels throughout the day play a key role in the sleep-wake cycle. If this pattern is disrupted, it can lead to sleep problems such as insomnia (Ruan et al., 2021).

This profile is particularly useful for individuals experiencing chronic sleep issues, as it checks melatonin and cortisol at three critical points during the day—waking, noon and midnight. By identifying hormone imbalances, healthcare providers can recommend targeted interventions to restore healthy sleep patterns and improve overall well-being.

Whats included?

- Melatonin (x 3) - waking, noon, midnight
- Cortisol (x 3)- waking, noon, midnight

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*



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*See NATA and CLIA website for further details