



  **RCPA**  
The Royal College of Pathologists of Australasia

NATA Accreditation: #20770



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

## Test Patient

Sex: Female • 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

[illegible]

### 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)