

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

Lab ID
Patient ID PAT-100009
Ext ID 25342-0305

Test Patient

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

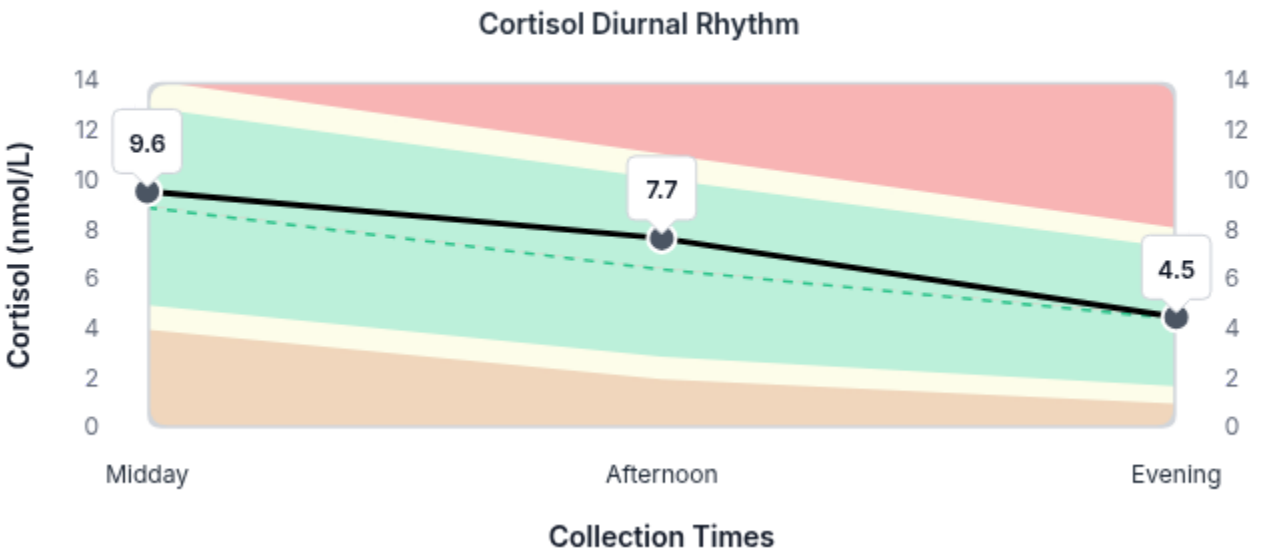
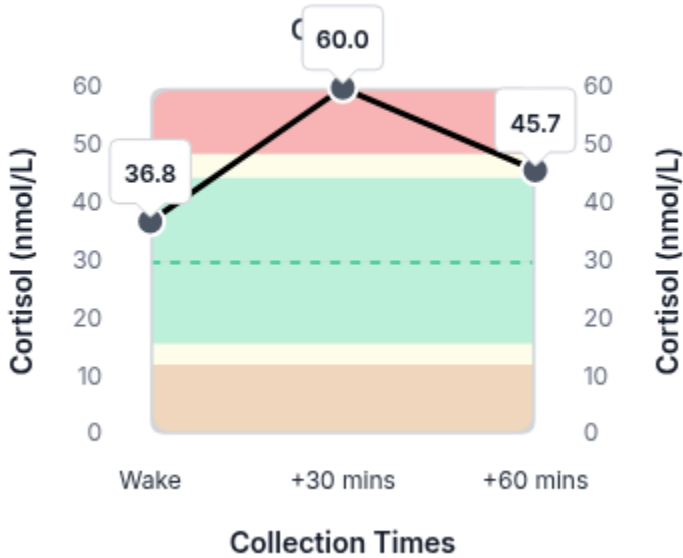
RECEIVED
08-Dec-25

CORTISOL AWAKENING RESPONSE PROFILE

Specimen type - Saliva

Collected

05-Dec-25 06.30am, 07.00am, 07.30am, 12.00pm, 04.00pm, 08.00pm



CORTISOL Values

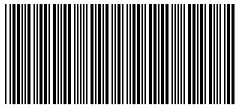
TEST	RESULT	H/L		REFERENCE	UNITS
Cortisol, Waking	36.80		<div><div></div><div></div><div></div><div></div><div></div></div>	(12.00-48.00)	nmol/L
Cortisol, Waking+30min	60.00	H	<div><div></div><div></div><div></div><div></div><div></div></div>	(12.00-48.00)	nmol/L
Cortisol, Waking+60min	45.70		<div><div></div><div></div><div></div><div></div><div></div></div>	(12.00-48.00)	nmol/L
Cortisol, Midday	9.6		<div><div></div><div></div><div></div><div></div><div></div></div>	(4.0-14.0)	nmol/L
Cortisol, Afternoon	7.7		<div><div></div><div></div><div></div><div></div><div></div></div>	(2.0-11.0)	nmol/L
Cortisol, Evening	4.5		<div><div></div><div></div><div></div><div></div><div></div></div>	(1.0-8.0)	nmol/L
CAR Cortisol, Total	81.80	H	<div><div></div><div></div><div></div><div></div><div></div></div>	(19.00-81.00)	nmol/L

CORTISOL AWAKENING RESPONSE (CAR)

TEST	RESULT	H/L		REFERENCE	UNITS
CAR Rise Response	63.04	H	<div><div></div><div></div><div></div><div></div><div></div></div>	(35.00-60.00)	%
CAR Decline Response	24.18		<div><div></div><div></div><div></div><div></div><div></div></div>	(0.00-33.00)	%

DHEAS Values

TEST	RESULT	H/L		REFERENCE	UNITS
DHEAS, Waking+30min	15.00		<div><div></div><div></div><div></div><div></div><div></div></div>	(1.80-18.00)	nmol/L
CAR Cort/DHEAS Ratio	4.00		<div><div></div><div></div><div></div><div></div><div></div></div>	(2.00-25.00)	ratio



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Cortisol Awakening Response Comment

CORTISOL AWAKENING RESPONSE:

The cortisol awakening response (CAR) test is a transient, immediate rise in cortisol upon awakening and is distinct from the diurnal rhythm. In a normal individual without significant stressors, cortisol is highest in the morning shortly after awakening, rises by up to 60% roughly 30 minutes after awakening, then steadily drops throughout the day, reaching the lowest level during sleep in the very early morning about 2 am. A loss of the expected curve with its characteristic morning peak and steady decline towards evening may suggest HPA axis dysfunction.

CAR RISE RESPONSE IS ELEVATED:

The percentage rise in cortisol from waking to 30 minutes post-waking is elevated. The excess surge in cortisol is believed to be due to a patient's response in anticipation of the day ahead. An increased CAR is observed in individuals with perceived elevated burden, manifesting in Cortisol overproduction.

CAR DECLINE RESPONSE WITHIN NORMAL RANGE:

The decline in Cortisol from waking to 60 minutes post-waking is within normal range. This is consistent with normal Cortisol production/metabolism.

Methodology

Automated Chemistry/Immunochemistry, Liquid Chromatography-Mass Spectrometry (LC-MS/MS/MS)