

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

Lab ID
Patient ID PAT-100009
Ext ID 25342-0306

Test Patient

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

RECEIVED
08-Dec-25

SLEEP PROFILE, EXTENSIVE

Specimen type - Saliva

Collected

05-Dec-25 07.30am, 12.10pm, 11.55pm

CORTISOL Values

TEST	RESULT	H/L	REFERENCE		UNITS
Cortisol, Morning	35.0		(12.0-48.0)		nmol/L
Cortisol, Midday	16.0	H	(4.0-14.0)		nmol/L
Cortisol, Midnight	7.00	H	(0.00-5.00)		nmol/L

MELATONIN Values

TEST	RESULT	H/L	REFERENCE		UNITS
Melatonin, Morning	4		(0-8)		pg/ml
Melatonin, Midday	3		(0-3)		pg/ml
Melatonin, Midnight	14		(10-58)		pg/ml

Cortisol Comments

HIGH NORMAL MORNING CORTISOL LEVEL:

This is indicative of adrenal hyperactivity. consider investigation of Noradrenaline, Adrenaline, GABA, melatonin. Use appropriate adaptagenic herbs or pharmaceutical interventions.

ELEVATED MIDDAY CORTISOL LEVEL:

Is this due to supplementation, adrenal stress, inflammation, medication or fasting? Suggestive of blood sugar imbalance.

ELEVATED MIDNIGHT SALIVA CORTISOL LEVEL:

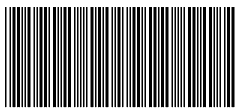
Is this due to supplementation, adrenal stress, inflammation, medication or fasting? Elevated levels of saliva cortisol at night can interfere with sleep and suppress Melatonin levels.

Melatonin Comments

SALIVA MORNING MELATONIN level is within normal limits.

MIDNIGHT MELATONIN LOW:

Saliva Melatonin midnight level is below mean reference range. Suggest supplementation with 1-3 mg melatonin 30 minutes before bed in the evening if indicated.



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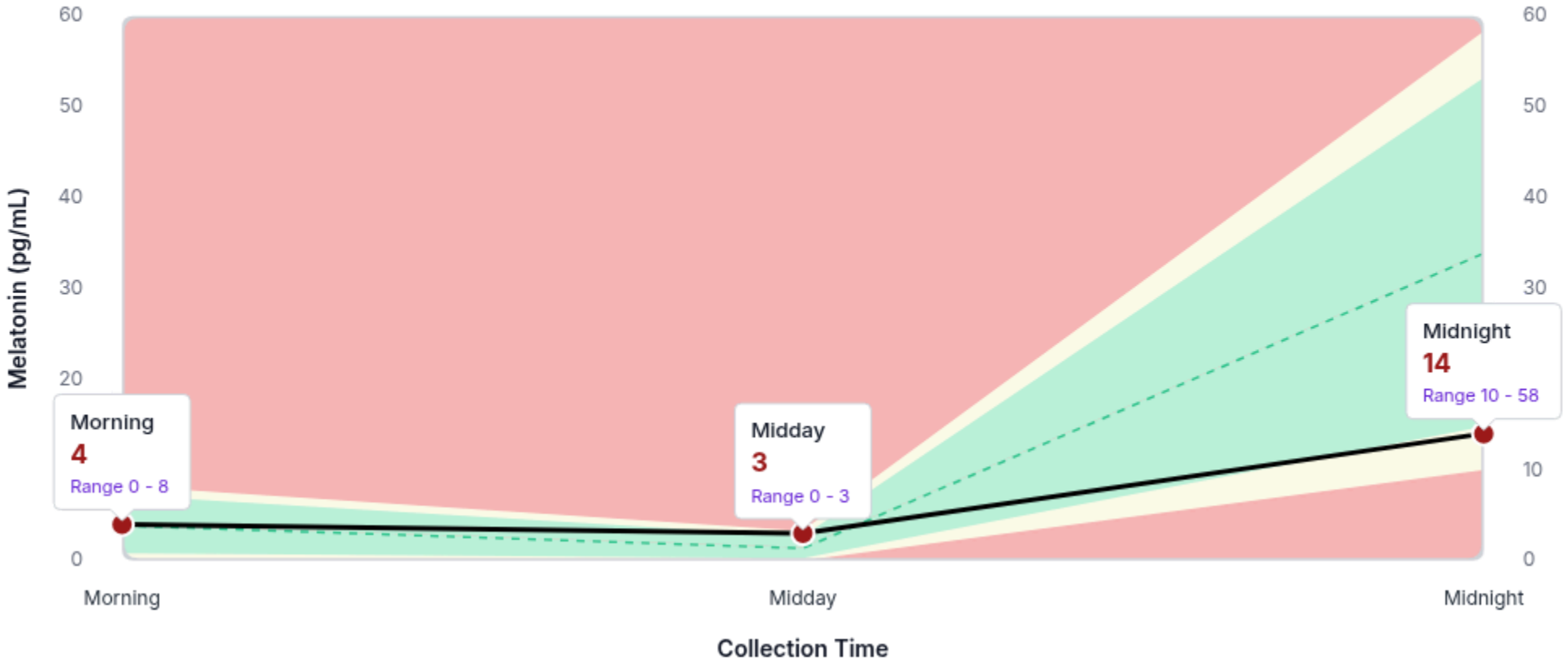
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CORTISOL VALUES



MELATONIN VALUES



Methodology

Automated Chemistry/Immunochemistry, Enzyme-Linked Immunosorbent Assay (ELISA)