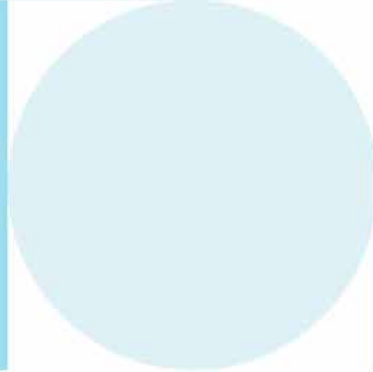
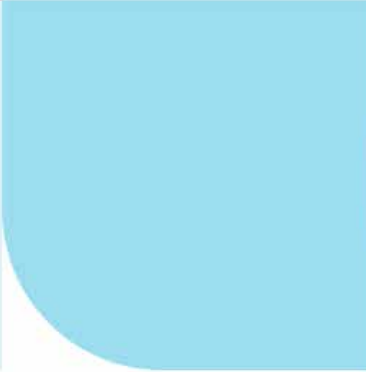
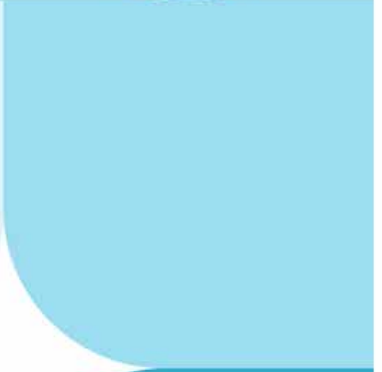
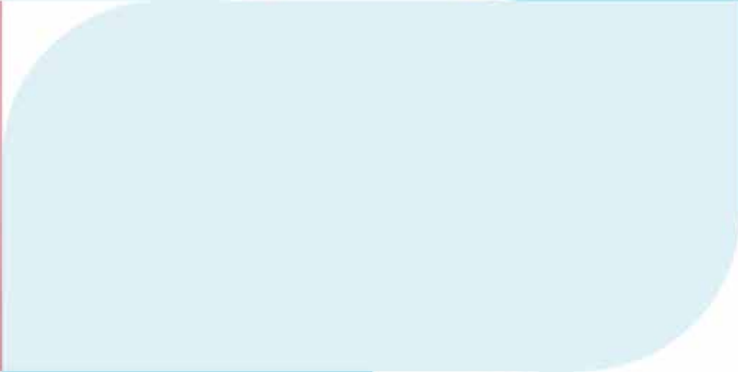




Test report



At-home test



Melatonin Test

 Lab test

 Saliva

Name: **Dummy Persson** Date of test: **04/20/2021** Analysis-ID: **OYFOFUH9-ML**

Your test results - Melatonin

Below, you will find your measured value of melatonin. On the following pages, you can read more about melatonin and how you can influence your results.

Name	Your value	*Reference value
Melatonin	< 1	Daily value: < 5 pg/ml Night value: > 10 pg/ml

**The reference values apply to adults.*

The sample should have been collected one evening before bedtime, and the reference value above applies to this. If you choose to take the test at a different time, the following reference values apply:

Daytime (when it is light): 5 pg/ml or less

Evening: up to 10 pg/ml

Night: up to 20 pg/ml

Melatonin

Melatonin is a hormone produced in the pineal gland, and its function is to help control our circadian rhythm. The secretion of melatonin is a mechanism that makes us sleepy. The level varies throughout the day and is affected by light and darkness. The level increases at night and is at its lowest during the day when the light is strongest. Some people have too little melatonin production, which means they may have difficulty falling asleep. Melatonin also helps the body regulate other hormones, blood pressure, and body temperature.

Melatonin deficiency

Melatonin is created in the body from the amino acid tryptophan. When the levels of melatonin rise during the day, it gives the body a signal to start sleeping, which makes you drowsy and tired. If melatonin production is disrupted, you have difficulty falling asleep and staying asleep. Sleep disturbances can be due to various factors such as jet lag, menopause, increasing age, night work, stressors, etc. To overcome sleep problems, you can take extra melatonin in the form of medications or supplements.

Low melatonin

Some reasons that may be behind low melatonin:

- Aging age
- Too little sleep
- Long, bright days
- Artificial light
- Shift work
- Traveling in the evening
- Liver disease
- Stress and high cortisol
- Certain medications
- High intake of coffee, tobacco, and alcohol
- Vitamin B12 supplements

Some things that can help balance low melatonin:

- Regular sleep cycle
- Don't exercise too late
- Avoid artificial light in the evening
- Supplement with 30-120 mcg/day (should not be combined with certain medications)
- Supplement with vitamins B1, B5, B6, calcium, and magnesium
- Supplement with tryptophan
- Avoid stimulants such as coffee and nicotine, especially after noon

High melatonin

Some reasons that can be behind high melatonin:

- Supplementing with melatonin or tryptophan
- Autumn/Winter
- Certain medications
- Supplementing with St. John's wort
- Liver disease

Some things that can help to lower high melatonin:

- Daylight in the morning
- Early day exercise
- Support liver detoxification

This test does not replace medical consultation. Always seek medical attention if you experience severe symptoms.

