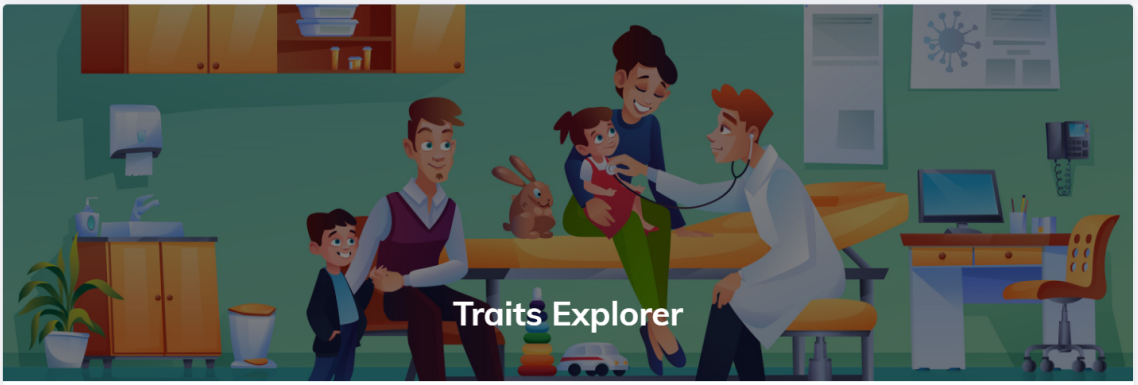

DEMO REPORT

Sleep

Sleep is a naturally recurring state of mind and body, characterized by altered consciousness, relatively inhibited sensory activity, reduced muscle activity and inhibition of nearly all voluntary muscles during rapid eye movement (REM) sleep, and reduced interactions with surroundings. It is distinguished from wakefulness by a decreased ability to react to stimuli, but more reactive than a coma or disorders of consciousness, with sleep displaying different, active brain patterns.

Return to the traits dashboard

8 entries

Full View

Sort by risk | Sort by name

Chronotype

Sleep

This result is based on **3 genetic variants** associated with **"Chronotype"** analyzed in the scientific paper (08/05/2016 - Jones SE)

Your results

Wake up earlier

Description

Chronotype is the natural inclination of your body to sleep at a certain time, or what most people understand as being an early bird versus a night owl. In addition to regulating sleep and wake times, chronotype has an influence on appetite, exercise, and core body temperature.

Learn more

Excessive Daytime Sleepiness

Sleep

This result is based on **13 genetic variants** associated with **"Excessive daytime sleepiness"** analyzed in the scientific paper (2017 Feb - Lane JM)

Your results

Slightly higher genetic predisposition

Description

The most common causes of excessive daytime sleepiness are sleep deprivation, obstructive sleep apnea, and sedating medications. Other potential causes of excessive daytime sleepiness include certain medical and psychiatric conditions and sleep disorders, such as narcolepsy.

Learn more

Movement During Sleep

This result is based on **6 genetic variants** associated with **"Movement during sleep"** analyzed in the scientific paper **(2015 Feb - Kripke DF)**

Sleep

Your results

Increased odds for developing restless legs syndrome

Description

Sleep-related chronic movement disorder (SRMD) is characterized by repeated, periodic movements while tired or asleep. Body moving, in which an individual moves their full-body, bopping, or head rolling, is more common. Throughout these motions, individuals with SRMD frequently hum or produce noises.
Periodic movements in sleep are frequent in newborns, impacting up to 66 percent of newborns, and are not usually seen as a disease. Only when a person's movement conflict with sleep, induce difficulties in daily tasks, or cause damage and may they be diagnosed with SRMD. At the age of five, just 5% of youngsters still show rhythmic movements while sleeping. Youth and adults are seldom affected by this illness.

Learn more

Sleep Apnea Risk

This result is based on **1 genetic variants** associated with **"Sleep Apnea Risk"** analyzed in the scientific paper **(05/06/2021 - Strausz S)**

Sleep

Your results

Slightly higher genetic predisposition

Description

Obstructive sleep apnea is the most common sleep-related breathing disorder. It causes you to repeatedly stop and start breathing while you sleep.

There are several types of sleep apnea, but the most common is obstructive sleep apnea. This type of apnea occurs when your throat muscles intermittently relax and block your airway during sleep. A noticeable sign of obstructive sleep apnea is snoring.

Learn more

Sleep Depth

This result is based on **2 genetic variants** associated with **"Sleep Depth"** analyzed in the scientific paper **(2013 Jul - Byrne EM)**

Sleep

Your results

Higher genetic predisposition

Description

Slow-wave sleep, often known as deep sleep, is a pivotal sleep cycle that allows healthy brain activity and memory. Whereas most individuals know that they must strive for 7 to 9 hours per night, sleep science is relatively tricky.
The third phase of non-REM sleep is deep sleep, often known as slow-wave sleep. Even though the body goes through a few stages throughout the night, the third stage occurs for more significant periods within the initial half of the night.
Throughout this stage of the sleep cycle, the heartbeat rate and breathing rate in the body are at their minimum. The muscles and eyes are likewise relatively calm, and the brain signals grow even slower.

Learn more

Sleep Duration

Sleep

This result is based on **72 genetic variants** associated with **"Sleep Duration"** analyzed in the scientific paper
(03/07/2019 - Dashti HS)

Your results

Higher genetic predisposition

Description

Adults need 7 or more hours of sleep per night for the best health and wellbeing. Short sleep duration is defined as less than 7 hours of sleep per 24-hour period.

Learn more

Sleep Quality

Sleep

This result is based on **7 genetic variants** associated with **"Sleep Quality"** analyzed in the scientific paper
(2013 Jul - Byrne EM)

Your results

Lower genetic predisposition

Description

Sleep quality is the measurement of how well you're sleeping—in other words, whether your sleep is restful and restorative. It differs from sleep satisfaction, which refers to a more subjective judgment of how you feel about the sleep you are getting.

Learn more

Snoring

Sleep

This result is based on **41 genetic variants** associated with **"Snoring"** analyzed in the scientific paper
(02/14/2020 - Campos AI)

Your results

Lower genetic predisposition

Description

Snoring is the vibration of respiratory structures and the resulting sound due to obstructed air movement during breathing while sleeping. The sound may be soft or loud and unpleasant. Snoring during sleep may be a sign, or first alarm, of obstructive sleep apnea (OSA). Research suggests that snoring is one of the factors of sleep deprivation.

Learn more