


# **Circadian Gene Test Women**

**SAMPLE  
SUMMARY REPORT**





# Circadian Rhythm Associated Traits

## Chronotype

Traits	Risk	Rating	Description
 <p>Morningness - Eveningness</p>	Typical	5.3	As per your genetics, you have a likelihood of having an intermediate chronotype.

## Sleep Characteristics

Traits	Risk	Rating	Description
 <p>Sleep duration</p>	Typical Risk	5.5	As per your genetics, you have a likelihood of having a typical sleep duration
 <p>Sleep Latency</p>	Lower Risk	4.0	As per your genetics, you have a low sleep latency

## Sleep disorders

Traits	Risk	Rating	Description
 <p>Narcolepsy</p>	Slightly Elevated	6.1	As per your genetics, you have slightly elevated risk of developing narcolepsy.
 <p>Obstructive Sleep Apnea</p>	Slightly Elevated Risk	6.8	As per your genetics, you have a slightly elevated risk of developing obstructive sleep apnea.
 <p>Restless Leg Syndrome</p>	Typical	5.6	As per your genetics, you have typical risk of developing Restless Legs Syndrome (RLS).
 <p>Insomnia</p>	Typical Risk	5.8	As per your genetics, you have a typical risk of developing Insomnia

# How to Read Your Report

## — WHAT IS GENETICS? —

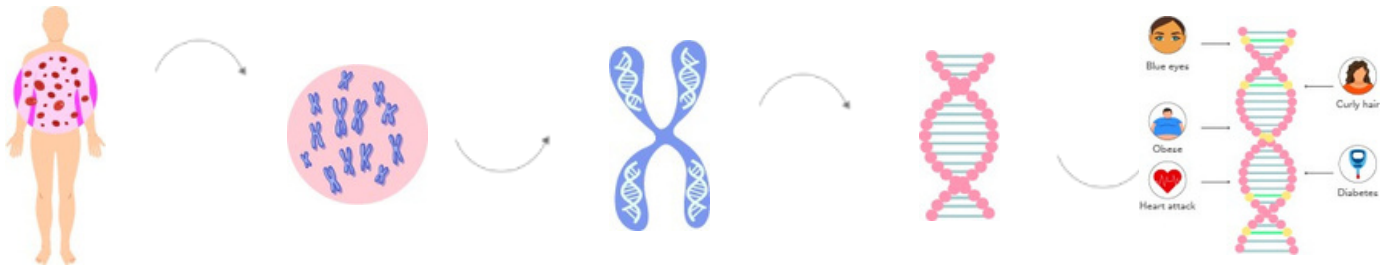
Human are made up of cells

Cells are made up of nucleus

Nucleus is made up of chromosomes

Chromosomes are made up of DNA

DNA is made up of genes

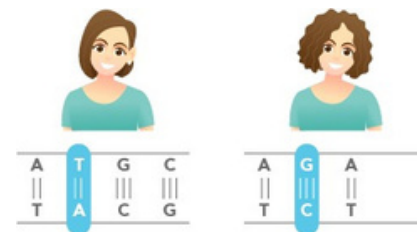


Genes are coded by nucleotides

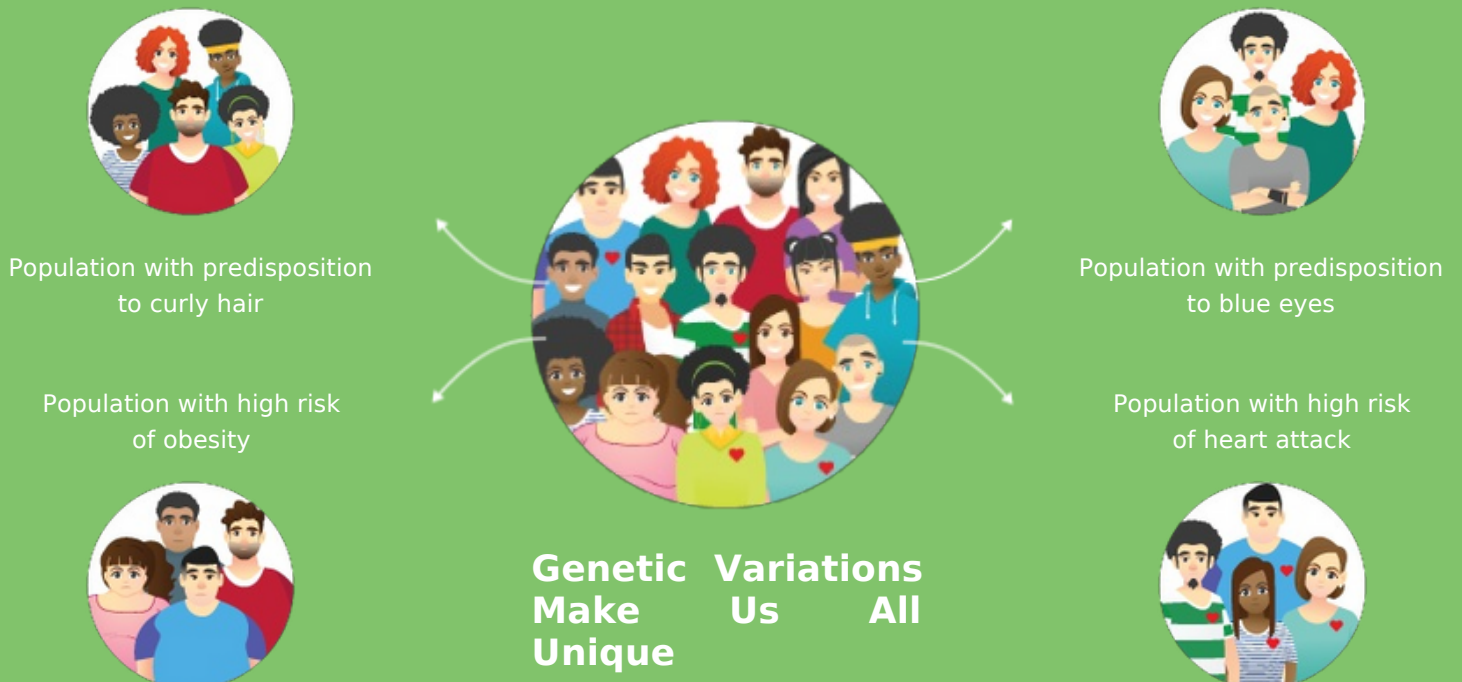
A	T	G	C
T	A	C	G



Changes in nucleotides lead to genetic variations  
Straight hair Curly hair



## WHAT IS PREDICTIVE GENETICS?



## — SCORE INTERPRETATIONS —

SCORE	DEPICTION	INTERPRETATION
0-2	Excellent / Protective	An 'excellent / protective' score indicates a very favorable response or ability for a trait
2.1-4	Good / Lower Risk	A 'good / lower risk' score indicates a favorable response or ability for a trait
4.1-6	Typical	A 'typical' score indicates a typical response or ability for a trait
6.1-8	Poor / Slightly Elevated	A 'poor / slightly elevated' score indicates an unfavorable response or ability for a trait
8.1-10	Very Poor/ Highly Elevated	A 'very poor / highly elevated' score indicates a very unfavorable response or ability for a trait

## — GENERAL GUIDELINES —

Genetic risk or predisposition given in the report is based on statistically relevant genomics research studies, which should not be taken as a diagnosis of any health condition or overall wellness.

Traits in the report are not genetically interlinked; their genetic associations are independent of each other. Therefore, every trait score and interpretation are independent of each other.



# EXPLORE MORE GENE TESTS

1. ALLERGY GENE REPORT WOMEN/MEN
2. BONE HEALTH GENE REPORT WOMEN/MEN
3. CARDIOVASCULAR GENE REPORT WOMEN/MEN
4. CIRCADIAN GENE REPORT MEN
5. DENTAL GENE REPORT WOMEN/MEN
6. FITNESS GENE REPORT
7. GASTRO GENE REPORT WOMEN/MEN
8. HEMATOLOGY GENE REPORT WOMEN/MEN
9. HORMONAL GENE REPORT WOMEN/MEN
10. IMMUNOLOGY GENE REPORT WOMEN/MEN
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