

# Circadian Gene Test

## SAMPLE SUMMARY REPORT




# CIRCADIAN RHYTHM

07 TRAITS

The circadian cycle is a natural, internal process that regulates the sleep-wake cycle, repeating roughly every 24 hours. Understanding whether you are a morning or evening person based on your genetics can provide significant benefits in planning your fitness schedule, meal timing, and sleep monitoring.



Seizure Disorders

Traits	Risk	Rating	Description	
	Epilepsy	Slightly Elevated	6.3	As per your genetics, you have a slightly elevated risk of developing epilepsy.