

Any Lab Test Now

SLEEP BALANCE TAKE HOME HORMONE KIT

DESCRIPTION

Melatonin is a hormone produced by the pituitary gland that is vital to the body's ability to regulate the sleep/wake cycle. Melatonin levels rise in the evening as daylight diminishes in preparation for sleeping and peak in the early morning hours, just before dawn. Melatonin levels drop after awakening. A disruption in the sleep/cycle may be caused by low levels of melatonin during the nighttime hours leading to wakefulness during the night. Melatonin has also been found to be useful in preventing oxidative stress and protecting against diseases related to premature aging, cancer and cardiovascular disease.

Cortisol is often called the "stress" hormone because levels in the blood rise during times of extreme or excessive stress. However, cortisol is critical for normal, everyday bodily functions. Cortisol levels rise 30 minutes to one hour after awakening to get you going in the morning, and drop gradually to lowest levels at night to calm and enable sleep. It also increases during exercise so that you can keep going and reap the benefits of exercise. However, excess stress can cause cortisol levels to be too high causing wakefulness. This often leads to turning on the lights to read or occupy yourself which in turn lowers melatonin levels. Not enough cortisol makes it difficult for the body to adapt to and handle stress, leading to exhaustion, lowered immunities and susceptibility to illness.

WHY DO I NEED THIS TEST?

If you are concerned that you're not getting enough sleep this test can help to pinpoint some of the causes of disturbed sleep based on abnormal melatonin and/or cortisol levels. Disturbed sleep has been associated with metabolic syndrome leading to type 2 diabetes and cardiovascular disease. Low nighttime melatonin levels are linked to insulin resistance and high insulin levels which contribute to type-2 diabetes.

HOW LONG WILL IT TAKE TO GET MY LAB TEST RESULTS?

Test results generally take between 3 to 5 business days after your specimen is received at the laboratory.

AM I REQUIRED TO FAST FOR THIS LAB TEST?

No, fasting is not required prior to sample collection.

OTHER RELEVANT LAB TESTS

Customers interested in the Sleep Balance Take Home Hormone Kit may also want to consider the Weight Management Take Home Hormone Kit or Complete Hormone test.

WRITTEN BY:

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Ekan Essien, MD, MPH, a native Georgian, received his BA from Duke University. Dr. Essien continued his education at Florida A&M University where he received his Masters of Public Health in Epidemiology; received his medical degree from Meharry Medical College in Nashville, Tennessee; and obtained training in general and trauma surgery at Grady Memorial Hospital at Morehouse School of Medicine. He is a candidate in the post graduate fellowship in anti-aging and regenerative medicine from the American Academy of Anti-Aging Medicine.

FOR MORE INFORMATION OR TO SCHEDULE YOUR TEST TODAY CALL 1.800.384.4567

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