



GENETIC SLEEP PROGRAM



**LIVE HEALTHY.
STAY YOUNG.**



PATIENT NAME



Participant Age

40 Years



Case ID

YT24A100



Date of Birth

18 Jan 1985



Participation Date

26 Jun 2025



Participant Sample

Saliva



Received Date

07 Jul 2025



National ID

1000100010



Reported Date

05 Aug 2025



WELCOME *to* YOUTH

At Youth, we're transforming the way you approach wellness by providing science-based, personalized insights grounded in your unique genetic makeup. Our mission is to empower individuals to make informed lifestyle choices that enhance health, vitality, and overall well-being. We believe that true wellness comes from understanding and embracing the one-of-a-kind blueprint that is your DNA.

Within this report, you'll uncover how specific genetic markers influence various aspects of your health—from fitness and nutrition to sleep, mental resilience, skin, and hair. By gaining insight into these areas, you can begin to tailor your lifestyle choices for optimal outcomes. We analyze carefully selected genes based on robust scientific research, providing you with reliable information to enhance your approach to health and wellness.

Genetics is just one part of the wellness equation, interacting with your environment, habits, and lifestyle. This report offers a glimpse into your genetic foundation, serving as a guide to better personalize your daily choices and long-term health strategies.

We're excited to be part of your journey toward a healthier, more empowered you! Let's get started and unlock your full wellness potential.

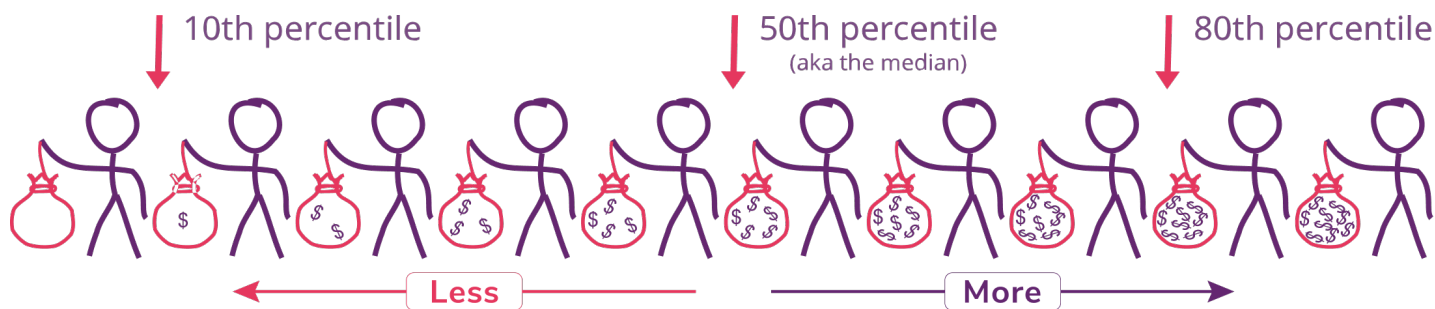


HOW TO READ

YOUR YOUTH WELLNESS REPORT

Your Youth report is designed to give you clear, actionable insights based on your unique genetic profile. To help you understand these insights, we use **polygenic risk scores (PRS)**, which combine the effects of multiple genetic markers associated with a specific trait. This score is then converted into a **percentile**, giving you a sense of where you stand relative to the general population.

- **What is a Percentile?** The percentile ranking shows how your genetic profile compares to others. For example, if your percentile score for a particular trait (like endurance potential) is 85%, it means that based on your genetics, your potential is higher than that of 85% of the population.



- **Report Sections:** Each section of your report covers different wellness areas. Here's how to interpret each:
 - 1. Trait Overview:** Each wellness area begins with a description of the trait (e.g., endurance, recovery, skin elasticity), outlining why it's relevant to your health.
 - 2. Your Percentile Score:** Below each trait, you'll find your percentile score. This score is based on your PRS and tells you where you fall in the distribution of genetic predispositions for that trait. Higher percentiles typically indicate a stronger genetic predisposition toward the trait, while lower percentiles may indicate a lesser predisposition.
 - 3. How to Interpret Your Score:**
 - 1. High Percentile (75-100%):** You have a strong genetic predisposition toward this trait. Consider using this information to make lifestyle adjustments that capitalize on this advantage.
 - 2. Average Percentile (26-74%):** Your genetic predisposition is average, meaning you may benefit from targeted lifestyle choices to optimize this area.
 - 3. Low Percentile (0-25%):** A lower percentile indicates a lesser predisposition. However, remember that genetics is only one piece of the puzzle; lifestyle factors can still significantly influence your outcomes.
 - 4. Recommendations:** Each section provides recommendations based on your percentile score. These include lifestyle, dietary, and fitness suggestions to help you optimize each wellness trait based on your unique genetic profile.



● A Few Important Notes:

◦ *Genetics Is Only One Piece of the Puzzle:*

While this report offers valuable insights into your genetic makeup, your overall health and wellness are also shaped by lifestyle, environment, and daily habits. These non-genetic factors can influence, reinforce, or offset your genetic tendencies—empowering you to take control of your well-being.

◦ *Your Scores Reflect Tendencies, Not Guarantees:*

Your polygenic risk scores (PRS) highlight genetic tendencies, not certainties. These scores indicate how your genetics may influence certain traits or health risks compared to others, but they do not predict specific outcomes. Use these insights as a tool to make informed, proactive lifestyle and health decision.

WE HOPE This guide helps you make the most of your Youth wellness report & supports you on your journey to **A HEALTHIER LIFESTYLE!**



**LIVE HEALTHY.
STAY YOUNG.**



Genetics & Sleep Health

Your genes play a significant role in determining how well you sleep. Think of your genetic makeup as setting the stage for your sleep patterns. Some people are naturally "early birds," while others are "night owls," and this has a lot to do with the genetic variations that influence your circadian rhythm—the internal clock that controls when you feel awake and when you feel sleepy.

Certain genes can affect how deeply you sleep, how long it takes you to fall asleep, and how refreshed you feel in the morning. For example, some individuals may have a genetic tendency to experience lighter sleep, which can lead to more frequent waking during the night, while others may have genes that promote deeper, more restorative sleep.

However, genetics doesn't determine your sleep destiny. While certain genes may make you more likely to have sleep issues like insomnia or difficulty waking up, lifestyle factors—such as stress, screen time, and physical activity—play a crucial role in how well you sleep. Genetics provide a starting point, but your daily habits, environment, and routines have a big influence on your overall sleep quality.

Even if your genes suggest a higher tendency for sleep challenges, don't worry! You can still take steps to improve your sleep health. Whether it's creating a consistent bedtime routine, reducing caffeine intake, or managing stress, you have the power to optimize your sleep and feel your best.

Let's explore what your DNA says about your individual sleep traits and how you can leverage that information to improve your sleep wellness.



Summary of Your Sleep Traits

Your Sleep Clock	Night owl		Morning person
Daytime Nap	Not required		Required
Waking up Refreshed	Bleary eyed		Bright-eyed
Sleep Duration	Shorter Hours		Longer Hours
Insomnia	Easy Sleeper		Insomniac
Snoring Tendency	Less likely		More Likely
Sleep Apnea	Less likely		More Likely
Sleep Disorder	Less likely		More Likely
REM Sleep	Deep Sleep		Shallow Sleep

PART 1

SLEEP PATTERNS & QUALITY



Sleep clock

Easy to get: DROWSY

one eye

strongly



THIS PART ASSESSES YOUR FOUNDATIONAL GENETIC TENDENCIES

related to your natural sleep-wake rhythms and overall sleep quality. Traits like your sleep clock, daytime nap tendencies, waking up refreshed, and sleep duration offer insights into how your body regulates and experiences rest. These traits reflect your innate sleep patterns and how efficiently your body recovers during sleep.

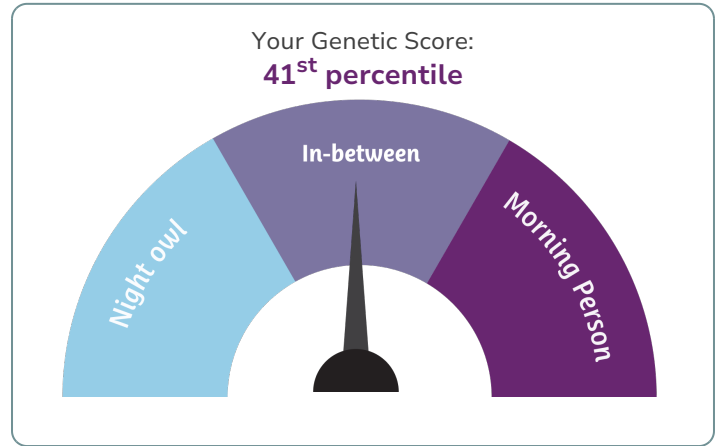
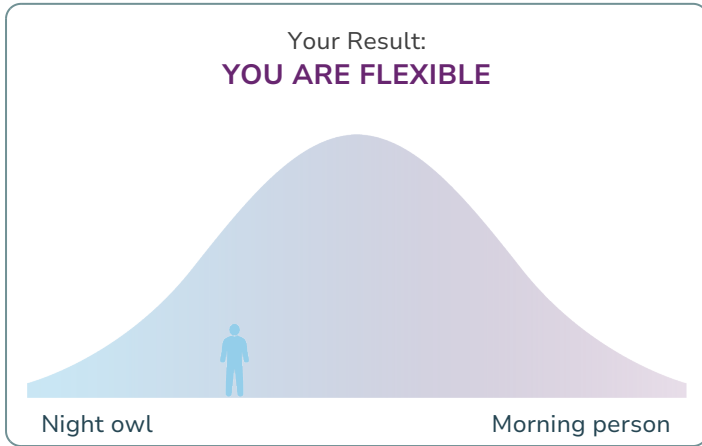
HOW TO USE THIS PART: Understanding your genetic tendencies for sleep patterns and quality helps you align your lifestyle with your biological needs. For example, if your genetic profile indicates a preference for longer sleep duration, prioritize allowing yourself enough time to rest fully. If your sleep clock leans toward being a night owl, gradually adjust your bedtime routine to suit your schedule. This section empowers you to optimize your sleep habits for better energy, focus, and overall health.



Your Sleep Clock

Your Sleep Clock or technically speaking is like figuring out if you're naturally a morning person, a night owl, or somewhere in between. It's like knowing whether you feel more alert and active in the morning, or if you're more energized and productive at night. This measurement helps you understand how our bodies naturally prefer to follow certain sleep patterns based on our genetics.

A high genetic score indicates a tendency toward being a morning person, with greater alertness earlier in the day and natural tiredness in the evening. A low genetic score, on the other hand, suggests a tendency toward being a night owl, with peak energy and productivity later in the day.



Your genetic profile shows that your sleep clock score is **average**. Out of every 100 people with a similar background, your sleep clock score is **lower than 59** of them. This suggests that your natural sleep-wake pattern is likely to be **in between** - neither strongly-morning nor evening-oriented.

Genetic Markers Used to Calculate the Score: 821 Genetic Markers
 Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

What Does This Mean?

Your genetic profile suggests a balanced chronotype, meaning you don't have a strong preference for mornings or evenings. You may feel moderately alert during the day, with no extreme peaks or lows in energy. Maintaining a steady routine with consistent sleep and wake times will help you make the most of your natural rhythm and ensure restful sleep. However, keep in mind that lifestyle factors such as diet, exercise habits, and light exposure can significantly impact your sleep patterns and should be considered alongside your genetic predisposition.



Recommendations for Better Sleep Based on Your Sleep Clock (Chronotype)

- **Gradually Adjust Bedtime:** If you need to wake up earlier for work or school, try shifting your bedtime gradually (15-30 minutes earlier each night) to help your body adjust to an earlier sleep schedule over time.
- **Create a Calming Evening Routine:** Engage in relaxing activities in the evening (like reading, meditation, or light stretching) to make the transition from your natural night owl routine to an earlier bedtime smoother.
- **Optimize Morning Light Exposure:** Expose yourself to bright natural light in the morning to help reset your internal clock and make waking up earlier easier.
- **Avoid Stimulants Late at Night:** Caffeine and heavy meals late in the evening can disrupt your sleep, so try to avoid them as your bedtime approaches.
- **Stick to a Consistent Sleep Schedule:** While you may adapt to different routines, consistency is key for quality sleep. Try to go to bed and wake up at the same time every day to regulate your body's natural sleep-wake cycle.
- **Monitor Sleep Duration:** Ensure that you're getting enough sleep each night (7-9 hours for adults) to optimize both your physical and mental well-being.
- **Optimize Sleep Environment:** Create a sleep-friendly environment with minimal distractions (dark, quiet, and cool), which can help you fall asleep easily, no matter the time of day.
- **Avoid Blue Light Before Bed:** Limit screen time in the hour leading up to sleep, as the blue light emitted from devices can interfere with your body's natural sleep signals.
- **Avoid Late-Night Stimulants:** Since your body prefers early bedtimes, avoid caffeine, alcohol, or heavy meals in the evening as they can interfere with your ability to fall asleep easily.
- **Respect Your Natural Rhythm:** Try to avoid staying up too late and prioritize getting sufficient sleep. Early to bed and early to rise is ideal for maintaining your energy levels throughout the day.
- **Keep Morning Routines Stimulating:** Take advantage of your early energy by engaging in activities that motivate you, such as exercise, reading, or planning your day.
- **Practice Relaxation Techniques:** If you need to adjust your sleep schedule occasionally (e.g., for a social event), practice relaxation techniques in the evening, such as deep breathing or meditation, to help ease into sleep.



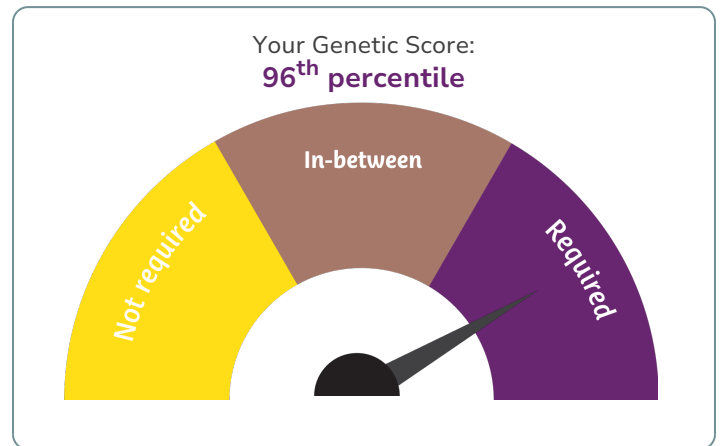
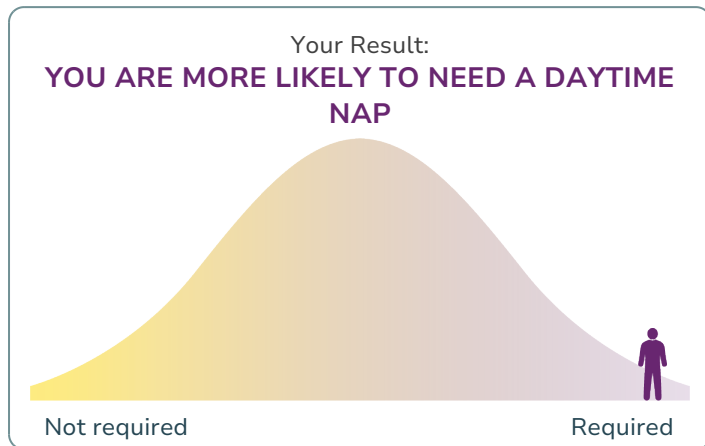
FUN FACT

Did you know that your sleep clock, or chronotype, is influenced not just by your genes but also by your environment? While some people are natural night owls and others are morning people, researchers have found that exposure to sunlight in the morning can help shift your internal clock, making it easier to wake up early - even for those who prefer staying up late!



Daytime Nap

The “Daytime Nap” section looks at whether you tend to take naps during the daytime. Some people find that they need a little extra rest during the day to feel refreshed, while others can go without napping. This part of the report explores if there are any genetic reasons behind why you might prefer or need daytime naps. It's like figuring out whether you're someone who enjoys a siesta or if you're more of a go-getter who powers through the day without napping. A **high genetic score** suggests a natural inclination to benefit from short naps, which can restore energy and focus, while a **low genetic score** indicates less need for napping, with your body sustaining alertness and energy without additional rest during the day. Understanding your tendency for naps can help optimize energy levels throughout the day.



Your genetic profile shows that you are **more likely to need or benefit from a daytime nap**. Out of every 100 people with a similar background, your nap score is **higher than 96** of them. This suggests that you may naturally **feel the need to rest or recharge** during the day more than most people.

Genetic Markers Used to Calculate the Score: 10,264 Genetic Markers
 Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

What Does This Mean?

Your genetic profile indicates a higher likelihood of feeling the need for daytime naps. This suggests your body may benefit from short rest periods to recharge during the day, especially after mentally or physically demanding activities. While naps can improve energy and focus, keeping them brief (20-30 minutes) and avoiding late-afternoon naps can prevent disruptions to your nighttime sleep.

It's important to note that lifestyle factors such as stress levels, diet, and sleep quality the night before can also influence your tendency to nap during the day.



Recommendations for Better Daytime Napping

● Align Naps with Your Natural Sleep Rhythm

- If you're a morning person, aim for a short nap in the early afternoon, around **1:00-2:00 PM**, when your energy naturally dips.
- If you're a night owl, try to take your nap in the mid-afternoon, ideally around **2:00-3:00 PM**, to avoid disrupting your ability to fall asleep at night.

● Limit Nap Duration

- Keep naps to 20-30 minutes to avoid grogginess and ensure they don't interfere with your nighttime sleep.
- Longer naps can disrupt your sleep cycle and make it harder to fall asleep at night.

● Optimize Your Napping Environment

- Create a quiet, comfortable, and dimly lit space for your nap.
- Consider using earplugs or white noise if you're in a noisy environment, and a sleep mask if light is an issue.

● Maintain a Consistent Napping Schedule

Try to nap at the same time each day to help regulate your body's rhythm and prevent naps from affecting your regular sleep routine.

● Avoid Caffeine and Heavy Meals Before Napping

Refrain from consuming caffeine or large meals before your nap, as they can disrupt your ability to fall asleep or impact the quality of your rest.

● Incorporate Relaxation Techniques

Before napping, engage in calming activities, such as reading, listening to soothing music, or practicing deep breathing, to help your body transition into a restful state.

● Be Mindful of Your Evening Sleep Schedule

- Avoid napping too late in the afternoon, as this can interfere with your ability to fall asleep at night.
- Aim to complete your nap by 3:00 PM at the latest.



● **Seek Professional Guidance if Needed**

If daytime naps are affecting your nighttime sleep or you have trouble falling asleep during the day, consider consulting a sleep specialist for personalized advice.

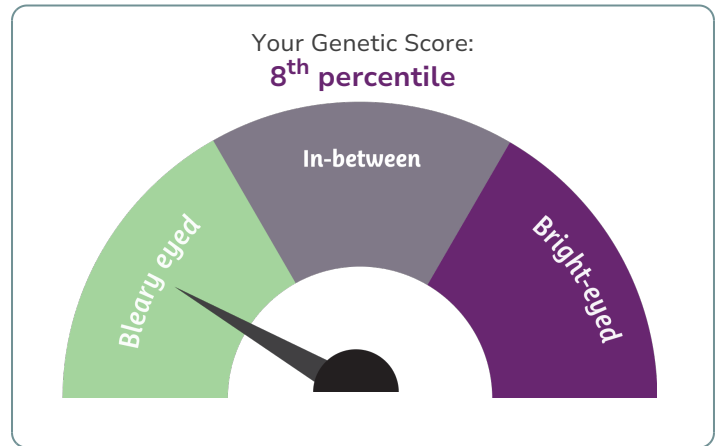
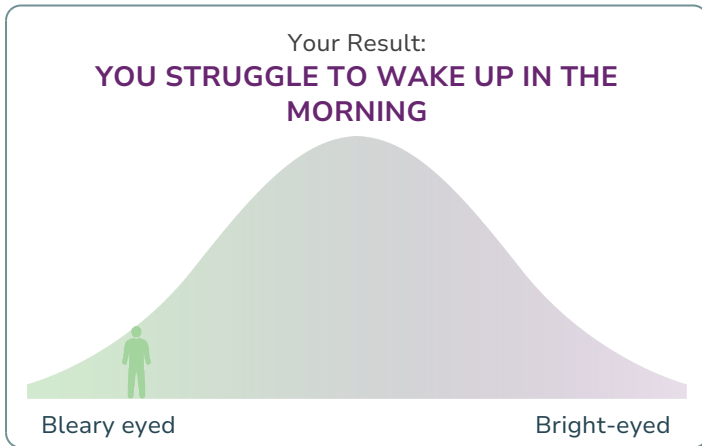
FUN FACT

Did you know that short naps can actually boost your memory? Studies have shown that taking a brief 10-20 minute nap can help improve cognitive function, enhance memory retention, and increase alertness. So, if you're feeling tired during the day, a quick nap might just be the energy boost you need to power through the rest of your day!



Ease of Getting Up in the Morning

The “Ease of Getting Up in the Morning” The “Ease of Getting Up in the Morning” section is all about how easy or difficult it is for you to wake up and start your day. This part of the report looks at the genetic factors that can influence your morning routine and how your body responds to waking up. It's like understanding why some mornings feel like a breeze while others feel like a battle against the snooze button! A **high genetic score** indicates a natural ability to feel rested and alert upon waking, even with a shorter sleep duration, while a **low genetic score** suggests difficulty achieving this, often requiring more sleep or better sleep quality to feel refreshed. Understanding your morning energy patterns can help tailor your sleep routine for better wakefulness.



Your genetic profile shows that you are **less likely to wake up feeling refreshed in the morning**. Out of every 100 people with a similar background, your score is **lower than 92** of them. This suggests that you may often **feel groggy or bleary-eyed** when waking up and may take longer to feel fully alert.

Genetic Markers Used to Calculate the Score: 7,743 Genetic Markers
 Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

What Does This Mean?

Your genetic profile suggests you may find it harder to wake up in the morning and could take longer to feel fully alert. This may indicate a natural inclination toward a later sleep schedule or a slower transition from sleep to wakefulness. Establishing a consistent wake-up routine, including exposure to natural light, can help ease this transition. Environmental factors such as sleep duration, nighttime quality, and morning routines also play a significant role in how easily you wake up.



Recommendations for Waking Up Refreshed

● Establish a Consistent Sleep Schedule

- Go to bed and wake up at the same time every day, even on weekends, to help regulate your body's internal clock.
- Aim for 7-9 hours of sleep each night to ensure you wake up feeling refreshed and energized.

● Optimize Your Sleep Environment

- Keep your bedroom cool, dark, and quiet to promote restful sleep and make waking up easier.
- Invest in a comfortable mattress and pillows to support good sleep posture and reduce discomfort.

● Incorporate Morning Light Exposure

- Expose yourself to natural light as soon as you wake up to help reset your internal clock and improve alertness.
- Consider using a light therapy box if natural light is limited, especially during winter months.

● Create a Relaxing Bedtime Routine

- Engage in calming activities before bed, such as reading, meditation, or taking a warm bath, to signal to your body that it's time to wind down.
- Avoid screens and stimulating activities at least an hour before bedtime to help your mind relax.

● Limit Stimulants and Heavy Meals

- Avoid caffeine, nicotine, and heavy meals in the hours leading up to bedtime, as they can interfere with your ability to fall asleep and affect sleep quality.
- Opt for a light, healthy snack if you're hungry before bed.

● Stay Active During the Day

- Engage in regular physical activity to help improve sleep quality and make waking up easier.
- Avoid vigorous exercise close to bedtime, as it may be too stimulating and interfere with your ability to fall asleep.

● Manage Stress and Anxiety

- Incorporate stress-reduction techniques such as mindfulness, deep breathing exercises, or journaling to calm your mind before sleep.
- Address any underlying anxiety or stress with professional support if it is affecting your sleep.



ID: YT24A100

Name: Patient Name

D.O.B.: 18-Jan-1985

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● Consider Professional Guidance if Needed

- If you consistently struggle to wake up refreshed despite following these recommendations, consult a healthcare provider or sleep specialist for personalized advice.
- Explore treatments such as cognitive-behavioral therapy for insomnia (CBT-I) if sleep difficulties persist.

FUN FACT

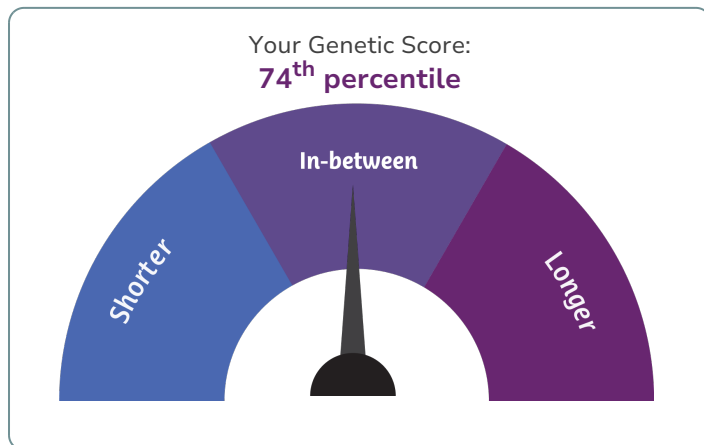
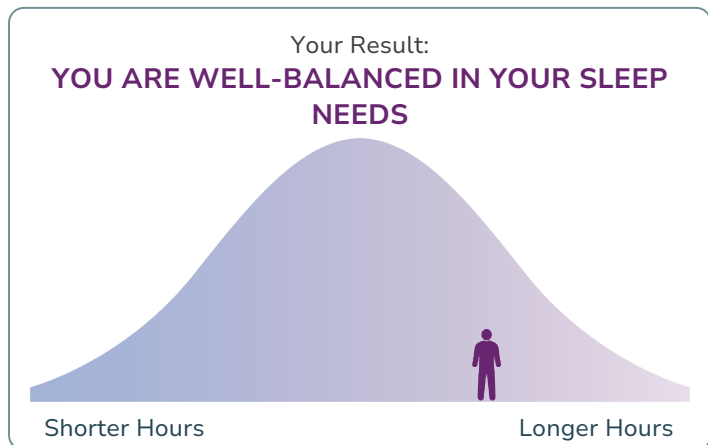
Did you know that your body has a 'sleep inertia' period? This is the groggy, foggy feeling you sometimes experience when you first wake up. It can last anywhere from a few minutes to 30 minutes. The good news? Sleep inertia can be minimized by getting enough deep sleep and waking up at the end of a sleep cycle. So, a consistent sleep schedule and the right amount of rest can help you wake up feeling more refreshed and alert!



Sleep Duration



The **sleep Duration** section is about how long someone sleeps each night. Some people naturally need more sleep, while others feel fine with less. This part of the report looks at specific genes that might influence how much sleep someone needs. Understanding these genes can help you learn more about why you have certain sleep habits and how to improve sleep health. A **high genetic score** suggests a natural predisposition to need longer sleep to feel fully rested, while a **low genetic score** indicates efficiency in feeling restored with a shorter sleep duration. Understanding your sleep needs can help you plan rest that aligns with your genetic rhythm.



Your genetic profile shows that you are **moderately likely to need an average amount of sleep**. Out of every 100 people with a similar background, your sleep duration score is **lower than 26** of them. This suggests that your sleep needs are **similar** to those of most people.

Genetic Markers Used to Calculate the Score: 40,037 Genetic Markers
Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

What Does This Mean?

Your genetic profile indicates a moderate need for sleep duration, aligning with typical recommendations of 7-9 hours per night. Maintaining consistent sleep and wake times and creating a relaxing nighttime routine will help optimize your natural rhythm and promote restorative sleep.

It's worth noting that other influences, such as caffeine consumption, daily activity, and screen time before bed, can also shape your sleep patterns.



Recommendations for Better Sleep Duration

● Align Sleep Duration with Your Natural Sleep Rhythm

- Morning people should aim for 7-9 hours of sleep each night, ideally going to bed earlier to ensure they wake up feeling refreshed.
- Night owls may need a bit more flexibility in their schedule to ensure they get adequate sleep, with 7-9 hours of rest, even if that means adjusting their bedtime slightly later.

● Establish a Consistent Sleep Routine

- Set a consistent bedtime and wake-up time, even on weekends, to help regulate your internal clock and improve the quality of your sleep.
- Gradually adjust your sleep time in 15-minute increments if needed to match your daily schedule.

● Create an Optimal Sleep Environment

- Keep your bedroom cool, dark, and quiet. Consider using blackout curtains, earplugs, or white noise machines to minimize disturbances.
- Ensure your mattress and pillows are comfortable and supportive to promote deeper, more restful sleep.

● Prioritize Relaxation Before Bed

Engage in relaxing activities, such as reading, meditation, or a warm bath, to help signal to your body that it's time to wind down and prepare for sleep.

● Limit Screen Time Before Bed

Reduce exposure to blue light from screens (phone, tablet, computer, TV) at least 1 hour before bed, as it can interfere with melatonin production and disrupt your sleep cycle.

● Be Mindful of Food and Drink

- Avoid large meals, caffeine, and alcohol close to bedtime, as they can interfere with sleep quality and duration.
- Consider having a light, healthy snack if you're hungry before bed, but avoid heavy or spicy foods that could cause discomfort or indigestion.

● Regular Physical Activity

- Engage in regular exercise during the day to help improve sleep duration and quality.
- Avoid vigorous exercise too close to bedtime, as it may interfere with your ability to fall asleep.



If you're consistently not getting the recommended 7-9 hours of sleep, or if you're experiencing sleep disturbances like insomnia or frequent wakefulness, consider consulting a sleep specialist for personalized advice and treatment.

FUN FACT

Did you know that the idea of needing exactly 8 hours of sleep each night is more of a guideline than a rule? While 7-9 hours is recommended for most people, there are genetic differences in how much sleep we need. Some people may feel refreshed with just 6 hours of sleep, while others require 9 or more. So, listen to your body - it knows best how much rest you need!

PART 2

SLEEP DISORDERS





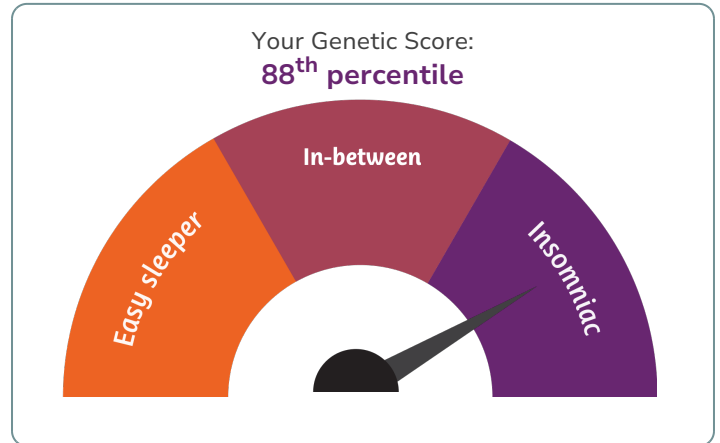
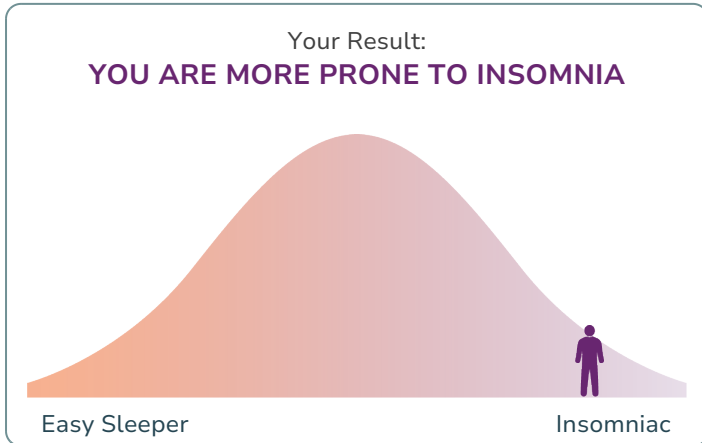
THIS PART IDENTIFIES YOUR GENETIC TENDENCIES toward common sleep disorders and challenges that may impact your rest, including insomnia, sleep apnea, snoring tendency, and REM sleep disorders. These insights provide an understanding of potential risks, allowing you to take proactive steps to address or mitigate them.

HOW TO USE THIS PART: Use this information to monitor for signs of potential sleep issues and implement preventative measures. For instance, if you have a tendency toward sleep apnea, maintaining a healthy weight and seeking early intervention can reduce risks. For insomnia tendencies, establish a relaxing pre-sleep routine and avoid stimulants close to bedtime. This section offers actionable guidance to manage genetic sleep challenges and improve overall sleep health.



Insomnia

The "Insomnia" section examines how genes can make it harder for some people to fall asleep or stay asleep, even when they have the chance for a full night's rest. This part of the report looks at specific genes that might make someone more likely to experience insomnia. It's like understanding why sleep can be a struggle for some and finding new ways to help them get the sleep they need. A **high genetic score** indicates a greater likelihood of experiencing difficulty falling or staying asleep, while a **low genetic score** indicates a natural resilience to insomnia, with fewer disruptions to sleep patterns. Recognizing your risk for insomnia can guide strategies to promote restful nights.



Your genetic profile shows that your risk of insomnia is **high**. Out of every 100 people with a similar background, your risk score is **higher than 88** of them. This suggests that you may be **more prone to difficulty falling or staying asleep** compared to most people.

Genetic Markers Used to Calculate the Score: 37,712 Genetic Markers
Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

What Does This Mean?

Your genetic profile suggests a higher likelihood of experiencing difficulty falling asleep or staying asleep. This may reflect a predisposition to restlessness or sensitivity to external factors like stress or environmental disturbances. Adopting a consistent bedtime routine, practicing relaxation techniques such as meditation, and limiting caffeine and screen time before bed can help manage insomnia symptoms.

Additionally, external factors like lifestyle habits, mental health, and nighttime environment significantly impact the severity and frequency of insomnia episodes.



Recommendations for Managing Insomnia

● Align Activities to Support Sleep Readiness

- Engage in calming activities such as reading, meditation, or light stretching during the evening to prepare your body and mind for sleep.
- Avoid stimulating activities, like intense exercise or work-related tasks, in the hours leading up to bedtime.

● Establish a Consistent Sleep Routine

- Go to bed and wake up at the same time every day, even on weekends, to train your body to follow a regular sleep schedule.
- Limit naps to 20-30 minutes early in the day if needed to avoid interfering with nighttime sleep.

● Create a Sleep-Conducive Environment

- Keep your bedroom cool, dark, and quiet to promote relaxation. Use blackout curtains and white noise if necessary.
- Remove distractions like TVs, computers, and phones from your bedroom to create a space dedicated to rest.

● Practice Relaxation Techniques

- Incorporate relaxation practices like deep breathing, progressive muscle relaxation, or mindfulness meditation to ease stress and anxiety that may interfere with sleep.
- Consider cognitive-behavioral strategies, such as reframing negative thoughts about sleep, to reduce sleep-related worries.

● Limit Screen Time Before Bed

- Avoid screens for at least 1 hour before bedtime to minimize blue light exposure, which can suppress melatonin and delay sleep onset.
- Opt for non-digital activities like reading a book or journaling to unwind.

● Be Mindful of Diet and Stimulants

- Avoid caffeine, nicotine, and heavy meals in the late afternoon and evening, as these can disrupt your ability to fall asleep.
- Opt for calming beverages like chamomile tea or warm milk before bed if desired.

● Incorporate Regular Physical Activity

- Engage in moderate exercise during the day, as it can improve overall sleep quality and help regulate your body's sleep-wake cycle.
- Avoid vigorous workouts close to bedtime, which may energize you and delay sleep.

● Limit Time in Bed When Not Sleeping

- If you can't fall asleep after 20 minutes, get up and do a quiet, non-stimulating activity in dim light until you feel sleepy.
- Use your bed only for sleep and intimacy to strengthen the association between bed and sleep.



● **Seek Professional Guidance if Needed**

- If insomnia persists or significantly affects your quality of life, consult a healthcare provider or sleep specialist.
- Consider evidence-based treatments like cognitive-behavioral therapy for insomnia (CBT-I) or, in some cases, short-term use of prescribed sleep aids under medical supervision.

FUN FACT

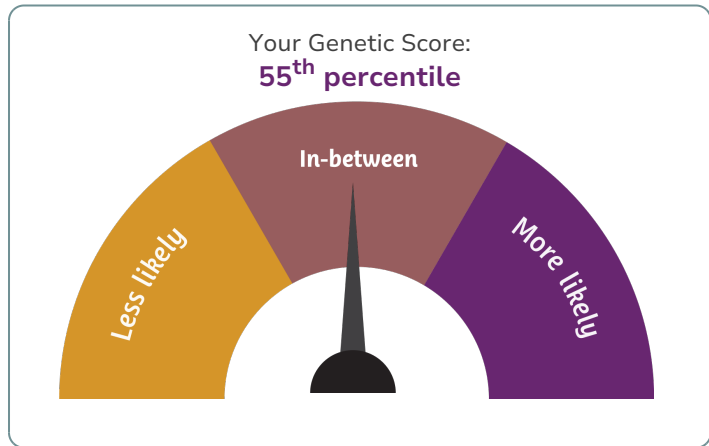
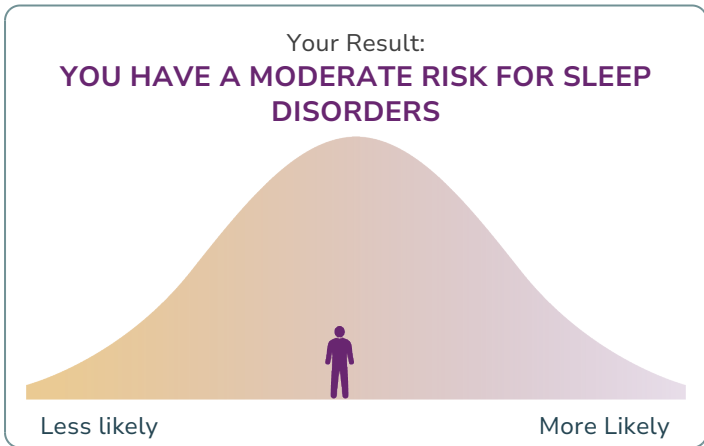
Did you know that our bodies are programmed to sleep in cycles? Most people experience 4-6 sleep cycles each night, with each cycle lasting about 90 minutes. Insomnia can disrupt these cycles, often causing people to wake up during the night, interrupting the natural flow of restorative sleep. Keeping a consistent sleep schedule can help your body maintain these cycles, promoting deeper, more restful sleep!



Snoring Tendency



The **snoring tendency** section looks at genetic factors related to snoring. Snoring occurs when the flow of air through the mouth and nose is partially obstructed during sleep, leading to vibrations of the throat tissues. This section examines specific genes that may be associated with an increased likelihood of snoring. Understanding these genetic factors can help you identify if at higher risk for snoring and potentially develop personalized strategies for managing it. A **high genetic score** indicates a natural predisposition to snoring, often linked to factors like airway anatomy or sleep position, while a **low genetic score** suggests a reduced likelihood of snoring. Recognizing your risk can guide strategies to manage snoring tendencies and improve sleep quality.



Your genetic profile shows that your tendency to snore is **average**. Out of every 100 people with a similar background, your snoring score is **lower than 45** of them. This suggests that your likelihood of snoring is **similar** to most people's.

Genetic Markers Used to Calculate the Score: 33,917 Genetic Markers
 Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

What Does This Mean?

Your genetic results suggest that you have an average likelihood of snoring. While you may not snore frequently, certain factors like sleep position, alcohol consumption, or nasal congestion could still lead to occasional snoring. By maintaining good sleep habits and addressing any potential triggers, you can reduce the chances of snoring and improve your overall sleep quality.



Recommendations for Managing Snoring Tendency

● Adopt Healthy Lifestyle Habits

- Maintain a healthy weight, as excess weight can narrow airways and worsen snoring. Weight loss may reduce snoring severity.
- Avoid alcohol and sedatives before bedtime, as these relax throat muscles and contribute to airway obstruction.

● Adjust Your Sleeping Position

- Sleep on your side instead of your back to prevent the tongue and soft tissues from blocking the airway.
- Use specialized pillows or positional therapy devices to encourage side sleeping if back sleeping is a habit.

● Improve Nasal Airflow

- Use saline nasal sprays, nasal strips, or decongestants to alleviate nasal congestion and enhance airflow.
- Address allergies with antihistamines or consult an allergist for targeted treatment.

● Optimize Your Sleep Environment

- Keep your bedroom free of allergens like dust mites, pet dander, and mold to reduce nasal congestion.
- Maintain a comfortable room temperature and use a humidifier if the air is dry, as dryness can irritate the nasal passages.

● Strengthen Airway Muscles

- Practice oropharyngeal exercises, such as tongue and throat exercises, to tone muscles in the airway and reduce snoring.
- Singing and certain yoga poses that engage the throat muscles can also help improve airway strength.

● Consider Medical Devices or Treatments

- Explore over-the-counter snoring aids, like nasal dilators or chin straps, to reduce airway obstruction.
- Consult a healthcare provider for a custom oral appliance, such as a mandibular advancement device, which repositions the jaw to keep the airway open.

● Avoid Late-Night Eating or Drinking

Refrain from consuming heavy meals, caffeine, or alcohol in the hours leading up to bedtime, as these can exacerbate snoring.

● Evaluate for Underlying Conditions

- Schedule a consultation with a healthcare provider if snoring is accompanied by gasping, pauses in breathing, or excessive daytime sleepiness, as these may indicate sleep apnea.
- Address nasal or sinus issues, such as a deviated septum, that may be contributing to snoring.

● Follow a Consistent Sleep Routine

Go to bed and wake up at the same time every day to promote healthy sleep patterns and reduce sleep disruptions that can worsen snoring.



If lifestyle changes and home remedies do not reduce snoring, consult a sleep specialist for advanced options, such as positional therapy, CPAP, or surgical interventions like uvulopalatopharyngoplasty (UPPP).

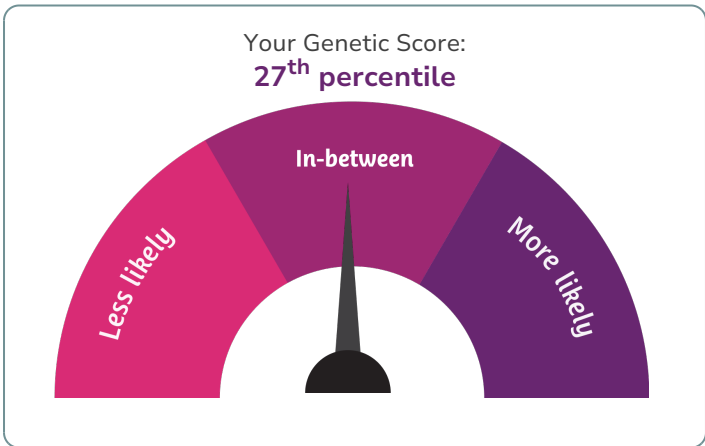
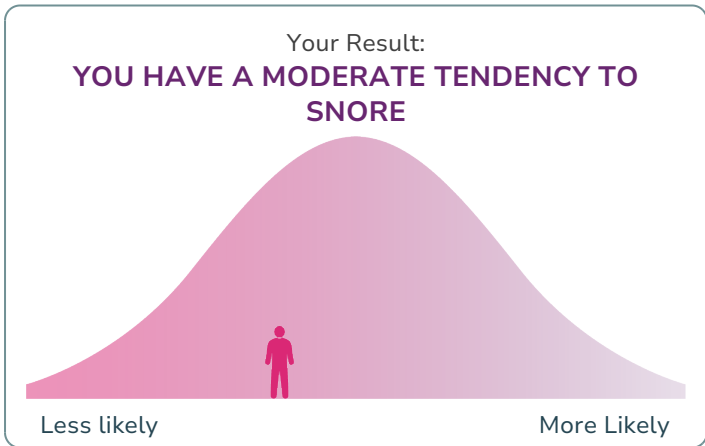
FUN FACT

Did you know that snoring might be hereditary? Genetics play a big role in whether you're more likely to snore or not. In fact, if one of your parents is a chronic snorer, you're more likely to snore too! But don't worry, even if snoring runs in the family, there are lifestyle changes and treatments that can help reduce it.



Sleep Apnea

The "Sleep Apnea" section is about a sleep problem called sleep apnea. It's when someone's breathing stops and starts repeatedly while they're asleep. This part of the report looks at certain genes that might make someone more likely to have sleep apnea. Understanding these genes can help you figure out who might have these concerns and how to treat it better. It's like finding out why some people have trouble breathing properly when they sleep. A **high genetic score** suggests an increased genetic predisposition to obstructive sleep apnea, characterized by interrupted breathing during sleep, while a **low genetic score** indicates a lower genetic risk, though weight, anatomy, and lifestyle can still influence susceptibility. Understanding your risk can guide early preventive or corrective measures.



Your genetic profile shows that your risk of sleep apnea is **average**. Out of every 100 people with a similar background, your risk score is **lower than 73** of them. This suggests that your likelihood of developing sleep apnea is **similar** to most people's.

Genetic Markers Used to Calculate the Score: 1,111,194 Genetic Markers
 Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

What Does This Mean?

Your genetic profile indicates an average likelihood of sleep apnea. While you may not be at high risk, it's still important to be aware of symptoms such as snoring or daytime fatigue. Maintaining a healthy weight, staying physically active, and ensuring good sleep hygiene can help prevent the onset of this condition. Lifestyle factors, including diet, alcohol consumption, and sleep posture, also contribute to your overall risk and management of sleep apnea.



Recommendations for Managing Sleep Apnea

● Seek Professional Diagnosis and Treatment

- If you suspect sleep apnea due to symptoms like loud snoring, gasping for air during sleep, or excessive daytime sleepiness, consult a healthcare provider.
- Undergo a sleep study (polysomnography) to confirm the diagnosis and assess severity.

● Adopt a Healthy Lifestyle

- Maintain a healthy weight, as excess weight can contribute to airway obstruction. Weight loss may significantly reduce symptoms.
- Engage in regular physical activity to improve respiratory function and overall sleep quality.

● Improve Sleeping Position

- Sleep on your side rather than your back to prevent the airway from collapsing during sleep.
- Use positional therapy devices or specialized pillows to encourage side sleeping if needed.

● Create a Sleep-Friendly Environment

- Keep your bedroom quiet, dark, and cool to promote better sleep quality.
- Reduce allergens in the sleeping area to minimize nasal congestion, which can exacerbate sleep apnea symptoms.

● Avoid Sleep-Disrupting Substances

- Limit alcohol consumption, especially in the evening, as it can relax throat muscles and worsen sleep apnea.
- Avoid sedatives and sleeping pills unless prescribed by a healthcare provider, as these can interfere with normal breathing during sleep.

● Use CPAP Therapy if Prescribed

- Continuous Positive Airway Pressure (CPAP) machines help keep the airway open by delivering a steady flow of air through a mask. Follow your doctor's guidance for proper usage.
- Regularly clean and maintain CPAP equipment to ensure its effectiveness and comfort.

● Consider Alternative Treatments When Needed

- Explore oral appliances, such as mandibular advancement devices, which reposition the jaw to keep the airway open.
- In severe cases or when other treatments fail, discuss surgical options like uvulopalatopharyngoplasty (UPPP) or Inspire therapy with your healthcare provider.

● Practice Good Sleep Hygiene

- Maintain a consistent sleep schedule, going to bed and waking up at the same time daily to regulate your body's sleep-wake cycle.
- Avoid heavy meals, caffeine, and nicotine close to bedtime to promote restful sleep.

● Monitor and Manage Contributing Conditions

- Address underlying issues like nasal congestion, allergies, or respiratory disorders that may aggravate sleep apnea.
- Manage chronic conditions such as diabetes and hypertension, which are commonly associated with sleep apnea.



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● **Regular Follow-Ups with Healthcare Providers**

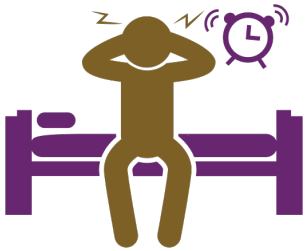
- Schedule routine appointments with your doctor to assess the effectiveness of your treatment plan and make adjustments as needed.
- Periodically reevaluate the severity of your sleep apnea, especially if lifestyle changes or treatments have been implemented.

FUN FACT

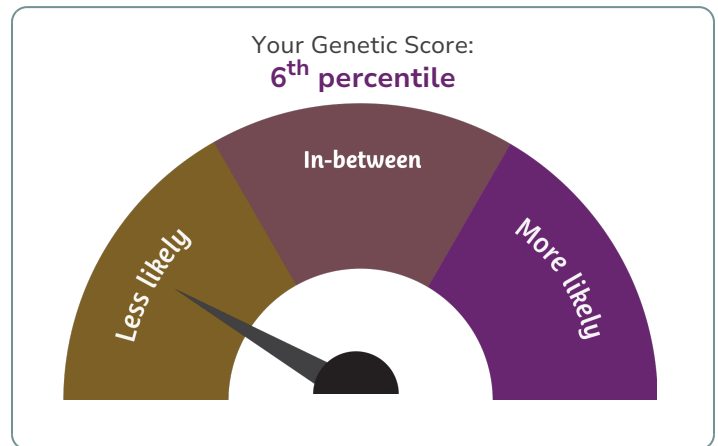
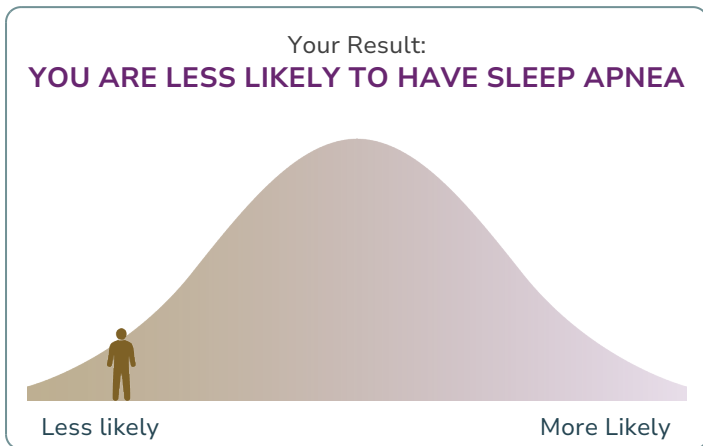
Did you know that sleep apnea can be more common in people who snore? However, not all snorers have sleep apnea. In fact, about 75% of people who snore loudly do not have sleep apnea, but loud and persistent snoring could still be a sign that it's worth getting checked out by a doctor! So, if you snore frequently, it's always a good idea to keep track of other symptoms and talk to your healthcare provider if necessary.



Sleep Disorder



The "Sleep Disorder" section is about conditions that can affect someone's ability to sleep well. These disorders include things like insomnia (trouble falling or staying asleep), sleep apnea (when breathing stops and starts during sleep), restless legs syndrome (irresistible urge to move the legs), parasomnias (movements, talk, emotions, and actions during sleep), and others. This part of the report looks at specific genes that might be linked to these sleep problems. A **high genetic score** suggests a heightened genetic predisposition to sleep-related issues, requiring proactive management of sleep hygiene, while a **low genetic score** indicates a reduced likelihood of sleep disorders, though environmental and lifestyle factors still play a role. Understanding your susceptibility can help preemptively address potential sleep challenges.



Your genetic profile shows that your risk of sleep disorders is **low**. Out of every 100 people with a similar background, your risk score is **lower than 94** of them. This suggests that you may be **less likely to experience common sleep disorders**, such as insomnia or disrupted sleep, compared to most people.

Genetic Markers Used to Calculate the Score: 1,059,939 Genetic Markers
Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

What Does This Mean?

Your genetic profile indicates a lower likelihood of experiencing sleep disorders, suggesting your sleep quality is generally stable and less prone to significant disruptions. This natural tendency supports better overall health and daily functioning. Nonetheless, maintaining healthy habits and managing stress is key to preserving this advantage. External factors, including major lifestyle changes, medical conditions, or irregular schedules, can still impact sleep quality and should be monitored.



Recommendations for Managing Sleep Disorders

● Identify and Address Underlying Causes

- Monitor sleep patterns and note symptoms such as snoring, frequent awakenings, or excessive daytime sleepiness.
- Consult a healthcare provider for evaluation of potential underlying conditions, such as sleep apnea, restless legs syndrome, or circadian rhythm disorders.

● Establish a Consistent Sleep Routine

- Maintain a regular sleep and wake schedule, even on weekends, to support your body's internal clock.
- Avoid naps longer than 20-30 minutes during the day, as they can interfere with nighttime sleep.

● Create a Sleep-Conducive Environment

- Ensure your bedroom is dark, quiet, and cool to promote restful sleep. Consider using blackout curtains, white noise machines, or an eye mask if needed.
- Invest in a comfortable mattress and pillows that support your preferred sleep position.

● Practice Relaxation Techniques

- Incorporate relaxation practices such as deep breathing, progressive muscle relaxation, or guided imagery to ease stress and prepare for sleep.
- Try mindfulness meditation or yoga to calm the mind and reduce sleep-disrupting anxiety.

● Limit Screen Time and Stimulants

- Avoid electronic devices for at least 1 hour before bed to minimize blue light exposure, which can disrupt your sleep-wake cycle.
- Refrain from consuming caffeine, nicotine, or alcohol in the evening, as these can negatively affect sleep quality.

● Adopt Healthy Lifestyle Habits

- Engage in regular physical activity during the day, as it can improve overall sleep quality. Avoid vigorous exercise close to bedtime.
- Eat a balanced diet and avoid heavy or spicy meals in the hours before bed to prevent discomfort that could disrupt sleep.

● Use Behavioral Strategies for Sleep

- If you have difficulty falling asleep, get out of bed after 20 minutes and engage in a quiet, non-stimulating activity in dim light until you feel sleepy.
- Reserve your bed for sleep and intimacy only to strengthen the association between bed and rest.

● Seek Professional Assessment and Treatment

- For persistent sleep disorders, consult a sleep specialist to identify the issue and develop a tailored treatment plan.
- Consider treatments such as cognitive-behavioral therapy for insomnia (CBT-I), continuous positive airway pressure (CPAP) for sleep apnea, or light therapy for circadian rhythm disorders.

● Consider Medical Interventions When Necessary

In some cases, medications or medical devices may be recommended to address specific sleep disorders. Always use these under the guidance of a healthcare provider.



● Monitor Progress and Adjust as Needed

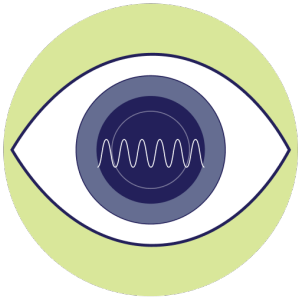
- Track sleep patterns and symptoms regularly to evaluate the effectiveness of your management strategies.
- Work with your healthcare provider to refine your approach as needed to achieve better sleep outcomes.

FUN FACT

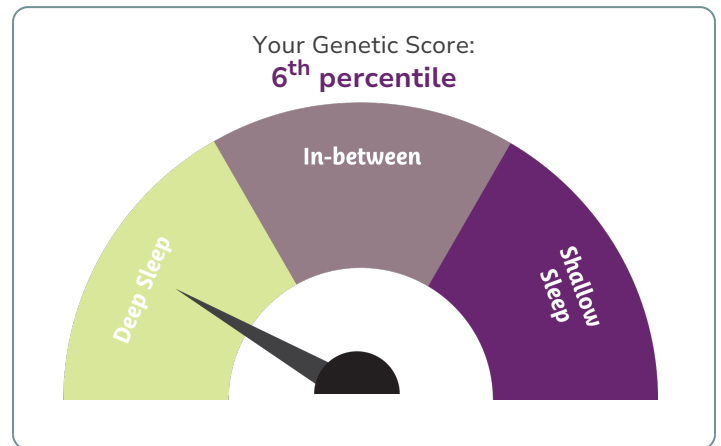
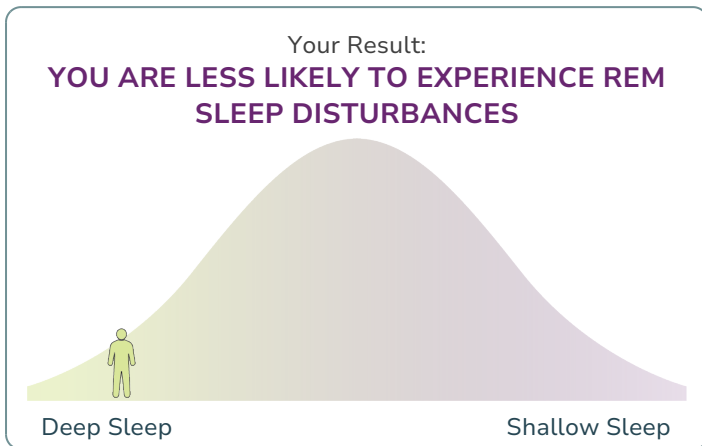
Did you know that your sleep position can influence the likelihood of sleep apnea? Sleeping on your back can increase the risk of airway obstruction, which contributes to sleep apnea. If you're prone to snoring or waking up with a dry mouth, try sleeping on your side instead! This simple change in sleep posture can sometimes reduce symptoms and improve your sleep quality.



REM Sleep disorders



The “REM Sleep disorders” section focuses on genetic factors related to behaviors that occur during REM (rapid eye movement) sleep. REM sleep is a stage of sleep characterized by vivid dreams and rapid eye movements. Sometimes, individuals may engage in unusual behaviors during REM sleep, such as talking, yelling, or even physically acting out their dreams. This section examines specific genes that may be associated with an increased tendency for these behaviors. A **high genetic score** indicates a genetic predisposition to REM sleep disorders, characterized by unusual movements or vocalizations during REM sleep, while a **low genetic score** suggests smoother transitions through REM sleep with fewer interruptions. Understanding your REM sleep patterns can help optimize restorative sleep stages for better health.



Your genetic profile shows that your risk of REM sleep disorders is **low**. Out of every 100 people with a similar background, your risk score is **lower than 94** of them. This suggests that you may be **less likely to experience REM sleep-related issues** compared to most people.

Genetic Markers Used to Calculate the Score: 47 Genetic Markers
Total Genetic Markers Surveyed in this Analysis: 40,663,299 Genetic Markers

What Does This Mean?

Your genetic results suggest that you are less likely to experience REM sleep disorders, where physical movements or vocalizations occur during your REM sleep phase. This is a positive sign, indicating that your sleep is generally more restful and less prone to disturbances.

While you may not frequently exhibit REM sleep disorders, maintaining good sleep hygiene and managing stress can further enhance your sleep quality and overall well-being.



Recommendations for Optimizing REM Sleep

● Establish a Consistent Sleep Schedule

- Go to bed and wake up at the same time every day, even on weekends, to maintain a steady sleep-wake cycle.
- Prioritize getting 7-9 hours of sleep per night, as REM sleep primarily occurs in the later stages of the sleep cycle.

● Create a Sleep-Friendly Environment

- Keep your bedroom cool, dark, and quiet to support uninterrupted sleep and allow for sufficient time in REM sleep.
- Invest in a comfortable mattress and pillows to minimize disturbances during the night.

● Reduce Stimulants and Alcohol

- Avoid caffeine, nicotine, and other stimulants at least 6 hours before bedtime, as they can delay or disrupt REM sleep.
- Limit alcohol consumption, especially in the evening, as it can suppress REM sleep in the early part of the night.

● Support Sleep with a Healthy Routine

- Engage in regular physical activity during the day, which can promote longer REM sleep cycles. Avoid exercising too close to bedtime.
- Follow a relaxing pre-sleep routine, such as reading, meditating, or practicing gentle yoga, to prepare your mind and body for deep sleep.

● Manage Stress and Mental Health

- Incorporate stress-reduction techniques like mindfulness, breathing exercises, or journaling to calm your mind before sleep.
- Address anxiety or depression with professional support if they are interfering with your ability to achieve restorative sleep.

● Align Sleep with Your Chronotype

- Honor your natural sleep-wake preferences to maximize REM sleep. For example, night owls should aim to align schedules with later sleep times when possible.
- Use light exposure strategically: get bright light in the morning to regulate your circadian rhythm and support consistent REM sleep patterns.

● Avoid Sleep Disruptions

- Limit screen time at least an hour before bedtime to reduce exposure to blue light, which can interfere with REM sleep cycles.
- Avoid heavy meals or drinking large amounts of fluid close to bedtime, as these can lead to awakenings during the night.

● Track and Optimize REM Sleep

- Use sleep trackers or devices to monitor REM sleep duration and identify patterns or disruptions.
- Adjust habits and routines based on insights from sleep tracking to optimize the proportion of time spent in REM sleep.

● Evaluate and Treat Underlying Issues

- Consult a healthcare provider if you suspect conditions like sleep apnea or restless legs syndrome, which can reduce the time spent in REM sleep.
- Address medication side effects that may impair REM sleep by discussing alternatives with your doctor.



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● **Seek Professional Guidance if Needed**

- Work with a sleep specialist to create a tailored plan if you consistently experience disruptions in REM sleep or related symptoms such as vivid dreams, fatigue, or poor cognitive performance.
- Explore therapies such as cognitive-behavioral therapy for insomnia (CBT-I) if mental health factors are affecting REM sleep.

FUN FACT

Did you know that REM sleep is the stage of sleep when you have the most vivid dreams? Your body becomes temporarily paralyzed during REM sleep to prevent you from physically acting out your dreams - it's like a built-in safety mechanism! But for some people, this paralysis doesn't happen, leading to REM sleep disorders where they may move or talk in their sleep. It's your body's way of making sure your dreams don't turn into an action-packed adventure!



Get a Good Night's Sleep

Like eating well and being physically active, getting a good night's sleep is vital to your wellbeing. Here are 13 tips to help you:

1. Stick to a sleep schedule. Go to bed and wake up at the same time every day - even on weekends.
2. Exercise is great, but not too late in the day. Try to exercise at least 30 minutes on most days but not later than 2-3 hours before your bedtime.
3. Avoid caffeine and nicotine. The stimulating effects of caffeine in coffee, colas, certain teas, and chocolate can take as long as 8 hours to wear off fully. Nicotine is also a stimulant.
4. Avoid alcoholic drinks before bed. A "nightcap" might help you get to sleep, but alcohol keeps you in the lighter stages of sleep. You also tend to wake up in the middle of the night when the sedating effects have worn off.
5. Avoid large meals and beverages late at night. A large meal can cause indigestion that interferes with sleep. Drinking too many fluids at night can cause you to awaken frequently to urinate.
6. Avoid medicines that delay or disrupt your sleep, if possible. Some commonly prescribed heart, blood pressure, or asthma medications, as well as some over the counter and herbal remedies for coughs, colds, or allergies, can disrupt sleep patterns.
7. Don't take naps after 3 p.m. Naps can boost your brain power, but late afternoon naps can make it harder to fall asleep at night. Also, keep naps to under an hour.
8. Relax before bed. Take time to unwind. A relaxing activity, such as reading or listening to music, should be part of your bedtime ritual.
9. Take a hot bath before bed. The drop in body temperature after the bath may help you feel sleepy, and the bath can help you relax.
10. Have a good sleeping environment. Get rid of anything in your bedroom that might distract you from sleep, such as noises, bright lights, an uncomfortable bed, or a TV or computer in the bedroom. Also, keeping the temperature in your bedroom on the cool side can help you sleep better.
11. Have the right sunlight exposure. Daylight is key to regulating daily sleep patterns. Try to get outside in natural sunlight for at least 30 minutes each day.
12. Don't lie in bed awake. If you find yourself still awake after staying in bed for more than 20 minutes, get up and do some relaxing activity until you feel sleepy. The anxiety of not being able to sleep can make it harder to fall asleep.
13. See a doctor if you continue to have trouble sleeping. If you consistently find yourself feeling tired or not well rested during the day despite spending enough time in bed at night, you may have a sleep disorder. Your family doctor or a sleep specialist should be able to help you.



Additional Resources

1. American Academy of Sleep Medicine (AASM): The AASM provides evidence-based guidelines and resources for understanding and improving sleep health. www.aasm.org
2. National Sleep Foundation (NSF): The NSF is a nonprofit organization dedicated to improving sleep health and well-being through education and advocacy. [www.sleepfoundation.org]
3. Centers for Disease Control and Prevention (CDC): The CDC offers information on sleep and sleep disorders, including data and statistics, sleep-related health risks, and tips for improving sleep hygiene. [www.cdc.gov/sleep]
4. Mayo Clinic: The Mayo Clinic's website features comprehensive information on sleep disorders, sleep hygiene practices, and tips for improving sleep quality. Their articles are written and reviewed by medical experts in the field of sleep medicine. [www.mayoclinic.org]
5. Sleep Education: Sleep Education is a website developed by the American Academy of Sleep Medicine (AASM) that offers educational resources on sleep health, including information on sleep hygiene, common sleep disorders, and tips for improving sleep quality. [www.sleepeducation.org]

UNDERSTANDING

»» GENETICS





UNDERSTANDING

GENETICS

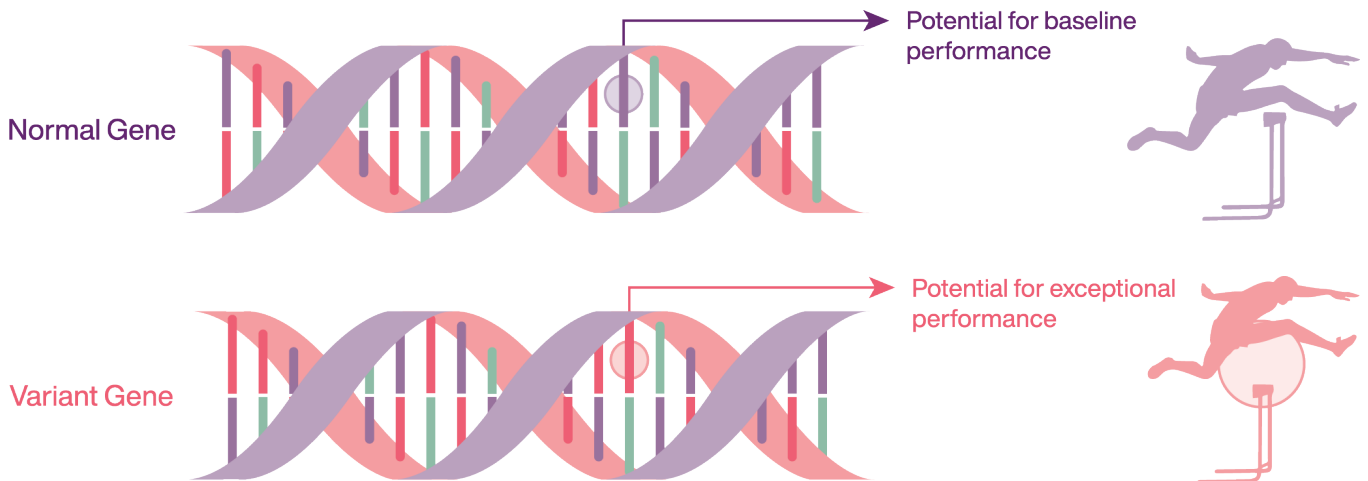
Genetics is the science of how our unique DNA influences traits, health, and even behaviors. By decoding the patterns within our DNA, we can gain valuable insights into what makes each of us unique, from physical characteristics to potential wellness needs. Here's an overview of genetics and how it relates to your health and wellness.

1. What is DNA?

DNA (deoxyribonucleic acid) is the molecule that carries the genetic instructions for all living organisms. Your DNA contains a unique code of four chemical bases (adenine, thymine, cytosine, and guanine) arranged in various sequences to form genes. These genes direct cellular activities and influence traits, such as eye color, height, and even how the body metabolizes nutrients.

2. Genes and Genetic Variants

Each person's DNA is organized into genes, which are segments that instruct cells to produce proteins responsible for various bodily functions. Although we all share similar genes, slight differences, called genetic variants or alleles, make each of us unique. These variants can influence how we respond to different foods, how quickly we recover from exercise, or our sensitivity to certain environmental factors. The most common type of variant is a single nucleotide polymorphism (SNP), which involves a change in a single base pair. SNPs help researchers understand how individual genes may impact specific wellness traits.



3. Polygenic Traits and Complex Conditions

Some traits and conditions, such as height, metabolism, and susceptibility to certain health conditions, are polygenic. This means they are influenced by many genes rather than a single gene. Polygenic traits are complex, with each gene contributing a small amount to the overall outcome. By studying multiple genetic variants, researchers can better understand and predict the likelihood of certain traits or predispositions.

4. Nature and Nurture: Genetics and Environment

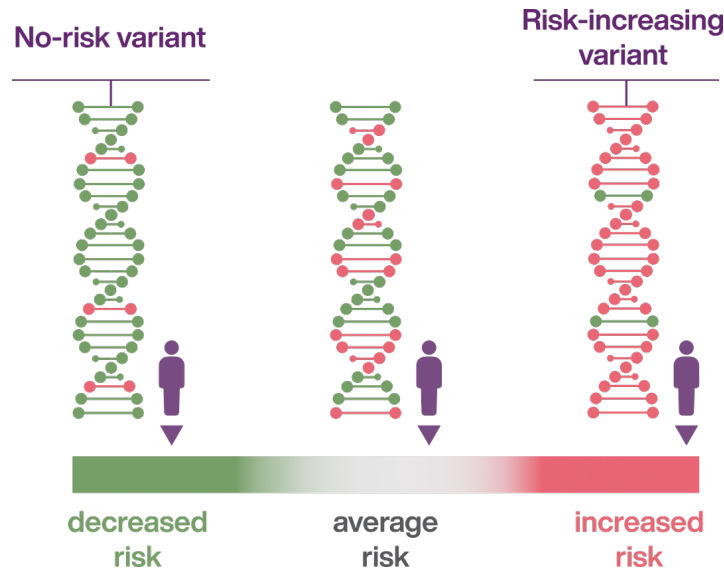
Genetics plays a powerful role in shaping who we are, but it works in tandem with the environment. Lifestyle factors such as diet, physical activity, stress, and sleep interact with our genes, affecting our wellness outcomes. For instance, while genetic predispositions can influence weight or cholesterol levels, diet and exercise can significantly modify these outcomes. Understanding genetics is about recognizing the balance between nature (your genetic makeup) and nurture (your lifestyle choices).



HOW IS MY GENETIC SCORE BEING CALCULATED?

Your genetic score, also known as a polygenic risk score (PRS), is calculated by analyzing multiple genetic variants in your DNA that contribute to specific traits or health risks. Unlike single-gene disorders, where one gene has a major impact, complex traits and common conditions like cardiovascular health, metabolism, and skin characteristics are influenced by many small genetic factors combined with lifestyle and environmental influences.

1. Understanding Genetic Variants Each person's DNA has tiny differences called genetic variants, which are natural variations in the genetic code. These variants can influence how the body processes nutrients, responds to exercise, or predisposes someone to certain health conditions. For example, while one variant might have a minor impact on your metabolism, multiple variants combined can have a more significant effect.



2. Calculating a Polygenic Risk Score (PRS) A polygenic risk score is calculated by combining the effects of many genetic variants across your genome. Each variant contributes a small amount to the overall score, which reflects your relative predisposition for a specific trait or health outcome. Here's how it works:

- **Genome-Wide Analysis:** Scientists analyze thousands of genetic markers across your genome using advanced algorithms.
- **Weighted Contributions:** Each genetic variant has a weight based on how strongly it is associated with a particular trait or condition.
- **Summing Up the Score:** By combining the weighted contributions of each variant, the final polygenic risk score is calculated, representing your genetic predisposition for a specific trait.



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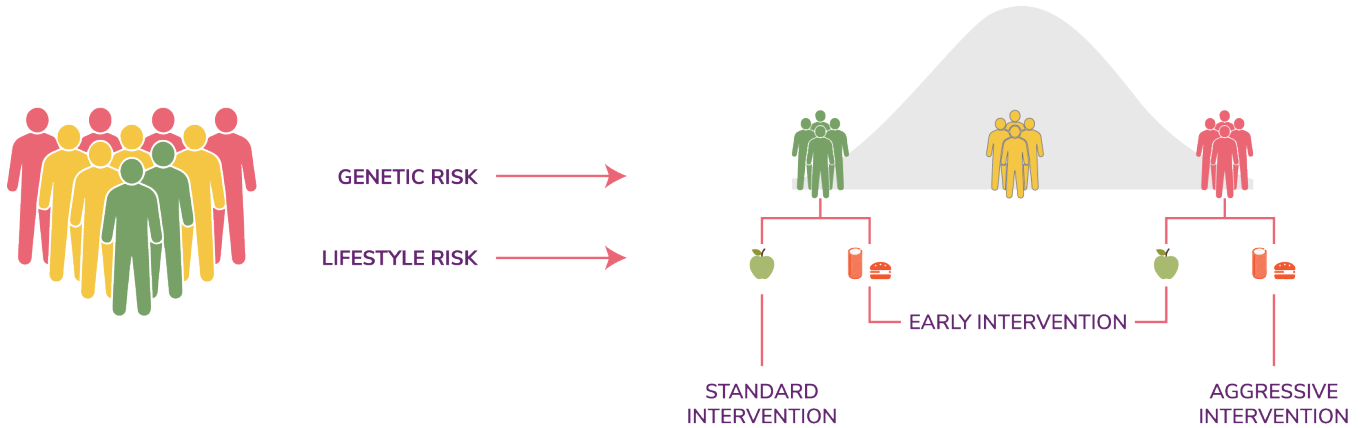
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3. What Your Score Means Your polygenic risk score is converted into a percentile that shows how your genetic predisposition compares to others in the general population. Here's what different percentiles can indicate:

- **High Percentile (75-100%):** You have a strong genetic predisposition for this trait. This could mean, for example, a greater genetic tendency toward high endurance or certain metabolic traits.
- **Average Percentile (26-74%):** You have an average genetic predisposition. You may benefit from a balanced approach in this area to achieve optimal results.
- **Low Percentile (0-25%):** This indicates a lower predisposition, but lifestyle factors may still significantly influence your outcomes.



4. Limitations of Polygenic Scores While polygenic risk scores offer valuable insights, there are limitations to keep in mind:

- **Not Diagnostic:** A polygenic score indicates genetic predispositions but does not determine certainty. It is not a diagnostic tool and cannot predict health outcomes with absolute accuracy.
- **Excludes Non-Genetic Factors:** Your score does not consider lifestyle, diet, or environmental factors, which can heavily impact health.
- **Specific to Certain Traits:** Polygenic scores are typically validated for common traits and may not account for rare genetic variations that can have a significant individual effect.

5. Putting It All Together Polygenic risk scores provide a personalized look at how your genetics may influence specific wellness traits. However, they work best alongside other personal health information, like lifestyle habits and environmental influences, for a well-rounded understanding of your health and wellness potential.



**LIVE HEALTHY.
STAY YOUNG.**