

Patient:
DOB: 09-17-1982
Height: 5'8"
Weight: 130 lbs

Practitioner:
Lab#:
Collection Date: 10-05-2023
Received: 10-02-2023

Bedtime Cortisol

CortisolNight

0.4 ng/mL



Summary

The Bedtime Cortisol test is a saliva-based test that measures the amount of bioavailable cortisol that is present in the body before sleep. Cortisol is a steroid hormone produced and released by the adrenal glands in response to the normal circadian rhythm as well as stressors.

Ideally, cortisol is highest in the morning and lowest before bed as it helps to regulate the sleep/wake cycle. The decrease in cortisol before bed then stimulates melatonin production. If cortisol is out of balance, you may experience insomnia, imbalanced blood glucose levels, weight gain, nervousness, low mood, brain fog, or sugar and salt cravings. The ranges below will not be comparable to bloodwork and should be compared to saliva testing only.

The cortisol level at bedtime is optimal and as a result you may be experiencing good sleep and balanced levels of daily energy, memory, mood, and libido. Despite these results, if you are still struggling with symptoms, please see the recommendations section below for more information on how to further investigate other possible root causes.

Next Steps & Recommendations

Daily Nutritional Support

- Daily Nutritional Support is a vegan, hypoallergenic protein powder, fortified with a wide range of activated vitamins, minerals, antioxidants, detox co-factors, and electrolytes, making it a one-stop-shop to fill the nutritional gaps in your diet. [View Product](#)

Daily Activated Multi-Vitamin (Alternative Option)

- EquiLife's Daily Activated Multi-Vitamin is a high quality source of key methylated vitamins and minerals for superior absorption to restore common deficiencies. It includes a key blend of antioxidants that protect from free radicals as well as providing essential nutrients that are necessary for supporting immune health and detoxification. [View Product](#)

Summary

In order to support healthy production of cortisol before bed, it is important to focus on stress reduction, optimizing diet and nutrients, toxin avoidance, limiting caffeine after 12pm, getting daily exercise, and prioritizing good sleep habits.

Since the level of cortisol is optimal, you can continue to support your levels with optimal nutrients, rest and stress reduction. You may supplement with 2 scoops of the all-in-one Daily Nutritional Support powder. If capsules are preferred, you may use the Daily Activated Multivitamin. If you still suspect an imbalance in the body based on your symptoms, you may choose to run the Complete Stress, Mood, and Metabolism test for a complete look at hormones, thyroid and cortisol.

BEDTIME CORTISOL

Discover If Your Sleep Imbalances Correlate To Elevated Cortisol



Getting
Better
Together™

Patient:

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Complete Stress, Mood & Metabolism Test

- If you're dealing with low mood or libido, slow metabolism or just feel you've lost your mojo it's absolutely vital to look at your hormones. The Complete Stress, Mood & Metabolism test gives you the full picture to identify any imbalances directly affecting overall metabolic function. [View Product](#)

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

If this lab is for a child under 18 years old, please see the Children's Dosing Guide here: <http://equi.life/children-dosing>