



Circadian Phase Assessments

Melatonin Testing from Salimetrics Clinical Lab

Register at:

<https://biologyofsleep.com>

+ Overview

Salimetrics provides a comprehensive, at-home Circadian Phase Assessment service for clinicians. Each patient assessment is all-inclusive and includes an at-home saliva sampling kit, flexible collection schedules, written and video instructions, live customer support, CLIA-certified testing, HIPAA-compliant results, and free round-trip shipping.

+ For Sleep Health Providers

- Establish your patients' biological sleep clock (circadian rhythm) and identify circadian rhythms that are too long, too short, unstable (varying with time), or misaligned - all of which can cause clinical symptoms that are identified starting points for treatment.
- Screen for insufficient or overproduction of melatonin, as well as misaligned melatonin supplementation that's negatively affecting your patient's sleep-wake cycle.

+ Available Assessments

Price

Dim Light Melatonin ONSET (7 Sample):

\$179

Use: Standard Assessment for Bedtime Alignment

Standard Collection Timing: Start 5 hours before bedtime and collect one sample every hour for 7 hours.

Dim Light Melatonin ONSET (9 Sample):

\$179

Use: Extended Assessment for Bedtime Alignment

Standard Collection Timing: Based on patient evaluation. For example;

Phase Advanced: Start 7 hours before bedtime and collect every hour for 9 hours

Phase Delayed: Start 5 hours before bedtime and collect every hour for 9 hours

DLMO with Daytime Profile: Sample at awakening, then sample 5 hours later, and then sample every hour starting 5 hours before bedtime.

Dim Light Melatonin OFFSET (7 Sample):

\$179

Use: Standard Assessment for Waking Alignment

Standard Collection Timing: Start at awakening and collect one sample every half-hour for 3 hours.

24-HR Circadian Phase Map (9 Sample):

\$179

Use: Standard Assessment for a full 24-HR Circadian Cycle

Standard Collection Timing: Start at awakening and collect one sample every 2.75 hours for ~24 hours.

Sleep + Stress Assessment (7 or 9 Sample):

Use: Add-on fee for any assessment above to include the Melatonin/Cortisol ratio from each sample.

+ \$96 / \$121
(7-sample / 9-sample)

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+ How to Get Started

Step 1: Register online at: <https://biologyofsleep.com/sleep-test-provider-registration/>

Step 2: Receive your unique Practitioner ID#.

Step 3: Refer patients.

+ How to Refer Patients

Step 1: Refer patients to the website biologyofsleep.com with a link or the name of the test(s) to order.

- Patients can also order by phone at: 800.790.2258

Step 2: Provide the patient with your unique **Practitioner ID#** to enter when ordering.

Step 3: Provide patients with instructions on whether to follow the standard or a customized sample collection schedule based on your initial evaluation.

+ Insurance Coverage

HSA/FSA Eligible.

Coverage and reimbursement for melatonin testing varies by provider; it is recommended that individuals seeking reimbursement check with their insurer prior to performing the assessment using the provided laboratory requisition form:

<https://biologyofsleep.com/circadian-phase-assessment-insurance-reimbursement-form/>

+ Need Support/Training/More Information?

Contact support@salimetrics.com or 760-448-5397 for any questions.