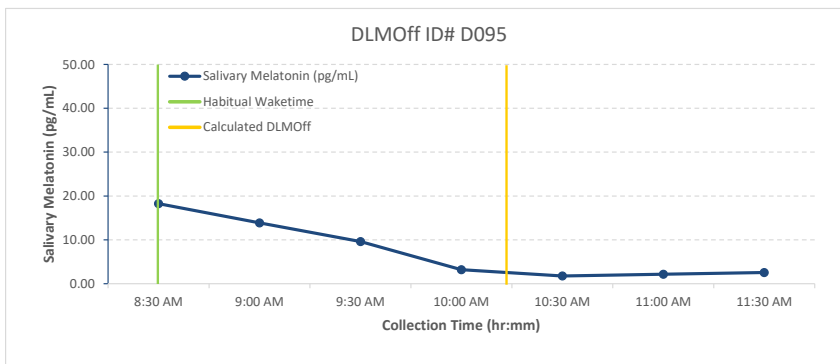


Salivary DLMOff Profile:

Dim Light Melatonin Offset (DLMOff) Rhythm

Patient Name: John Smith
Patient DOB: 1/23/1985

DLMOff ID# D095



Lab Summary

Baseline Avg. (pg/mL)	2.16
Peak Level (pg/mL)	18.26
Reported Waketime	8:30 AM
Date of Collection	1/12/2023
Date of Receipt	1/18/2023
Date Reported	1/23/2023

Assay Values

Intra-Assay CV:	5.42%*
Inter-Assay CV:	8.90%*
Assay Range:	0.78 - 50 pg/mL
Sensitivity:	1.37 pg/mL

*Average % CVs as noted in the kit insert.

Estimated DLMOff

DLMOff Threshold (pg/mL):	Approximate Offset Between:
2.93	10:00 AM - 10:15 AM

Note: Light exposure during saliva collection can significantly lower melatonin levels. Compliance to test instructions is crucial for accurate results.

DLMOff Summary

Dim Light Melatonin Offset (DLMOff) is the clock time at which night time melatonin levels return to waking levels in the early morning. This test produces a melatonin profile to assess the timing of DLMOff relative to the habitual wake time. The DLMOff profile, or melatonin offset, is interpreted by identifying the time at which falling melatonin levels cross calculated threshold. The DLMOff threshold level on this report is calculated by averaging three baseline samples and adding two standard deviations to that value. Results from this test can be used by health care professionals to guide appropriate therapies and create specifically timed application of treatments, which are based on the following phase interpretations:

Advanced	Advanced sleep phase is often seen in individuals who have difficulty staying awake until their desired bedtime in the evenings and have problems staying asleep in the early morning.
Delayed	A Delayed sleep phase is often seen in individuals who have problems falling asleep at their desired bedtime and difficulty waking up in the morning.
Normal	Some sleep disturbances are non-circadian sleep disorders and may not be directly tied to a sleep phase shift. Normal Sleep Phase results need to be considered in the context of the patient's overall presentation and available diagnostic data.
No Onset	In profiles where the threshold is never crossed, such as flat-line results or atypically elevated thresholds, the interpretation of sleep phase cannot be calculated. Atypically elevated thresholds can occur if one or more of the first 3 baseline values are abnormally elevated.
Undetermined	Retesting is recommended for accurate results, ensuring careful adherence to test instructions.

Lab Director: EXAMPLE | **CLIA ID:** 1234567890

Incorrect sample handling may affect results. Results are not intended to diagnose, treat, cure, or prevent any disease or replace medical advice from a qualified healthcare provider.