



Sleep Disturbance

Melatonin Biorhythm

SYNLAB 
SOLUTIONS IN DIAGNOSTICS

www.synlab-sd.com



Why undergoing this examination?

Sleep is a necessary activity for the restoration of the body and mind functions, promoting physical regeneration and memory consolidation, as well as strengthening the immune system.

Melatonin, a hormone produced mainly in the pineal gland, plays a crucial role in sleep regulation. It is released in response to darkness and acts as a sleep inducer, contributing to the maintenance of the circadian rhythm. Associated with melatonin dysfunction, delayed sleep phase syndrome is a growing condition that results in obstacles to the onset of nighttime sleep, as well as compromising morning vigilance and daytime performance.

What is the exam?

The **Sleep Alteration - Melatonin Biorhythm Test** involves determining melatonin levels in saliva at different times during the night (10 PM, 2 AM, 4 AM, 8 AM). This allows for the assessment of the patient's melatonin biorhythm profile at key peak times, relating them to the wake/sleep biorhythm and detecting any deviations from the normal pattern, both in terms of timing and intensity.

For whom is it indicated?

- Individuals with sleep disorders.
- People with rotational changes in work hours experiencing sleep disturbances.
- Individuals with long-term stress, depression, or professional burnout syndrome.
- Those who frequently travel (jet lag).
- People who want to proactively manage their health, especially after the age of 40.

Technology

Radioimunoensaio

Advantages

SYNLAB GROUP

Guaranteed by the experience of the absolute European leader in laboratory diagnostics.

COMPLETE

Report with objective results and detailed description.

Extra Information

DOCUMENTATION – Available on the SYNLAB Direct for clients

- Informed consent;
- Clinical questionnaire.

PREPARATION

- Fasting for at least 60 minutes before collecting samples is recommended.
- Avoid the consumption of alcoholic beverages, caffeine, and nicotine both on the day before and on the day of the exam.
- Do not consume foods such as bananas or chocolates on the day of the collections.
- Do not brush your teeth for at least 30 minutes before the collections.
- Supplements and products containing melatonin should be suspended for at least one week before the exam.



Delivery Time

11 business days



Sample Type

Saliva