



# Melatonin Report



### Order: SAMPLE REPORT



Client #: 12345

Doctor: Sample Doctor  
Doctor's Data, Inc.  
3755 Illinois Ave.  
St. Charles, IL 60174

Patient: Sample Patient

Age: 35

Sex: Female

Menopausal Status: Pre-menopausal

### Sample Collection

### Date/Time

Date Collected

07/07/2020

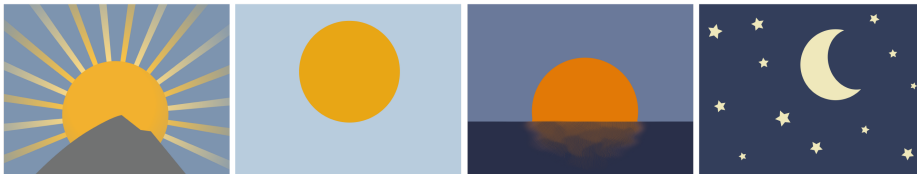
Date Received

07/08/2020

Date Reported

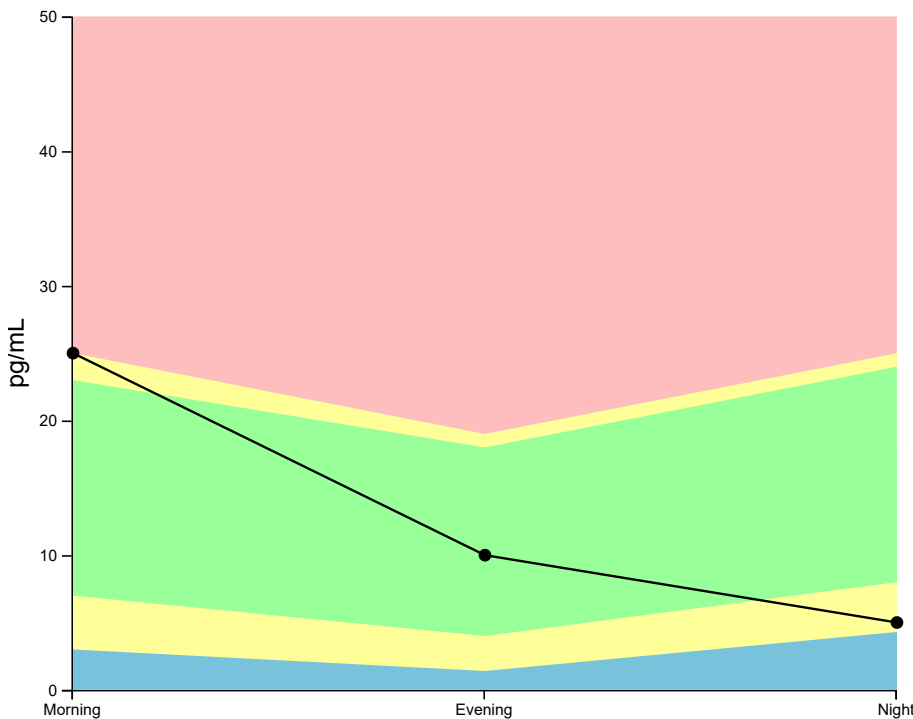
07/09/2020

Analyte	Result	Unit	L	WRI	H	Reference Interval
Melatonin Morning*	25	pg/mL				3.0 – 25
Melatonin Evening*	10	pg/mL				1.4 – 19
Melatonin Night*	5.0	pg/mL				4.3 – 25



### Melatonin Comments

Melatonin levels follow a diurnal rhythm in response to the light-dark cycle, with highest levels produced at night during times of darkness. Melatonin and cortisol levels have an inverse relationship. Whereas optimal cortisol levels are highest 30 minutes after waking with a gradual decline throughout the waking day and continued decline to lower night-time levels, melatonin levels are lower during the daytime and gradually rise later in the evening when light is dim, beginning approximately 2 hours before bed time. Disruptions in expected melatonin and/or cortisol pattern(s) may result in sleep disturbances. Exposure to light may suppress melatonin levels. Nuts, fruits, fruit juice, wine, rice, and coffee are known to contain melatonin, and may increase levels. Additionally, anti-anxiety and anti-depressant medications categorized as SSRI's and SNRI's (selective serotonin and/or norepinephrine reuptake inhibitors) may increase melatonin, as can commonly used herbs such as St. John's Wort and Feverfew.



### Notes:

RI= Reference Interval, L (blue)= Low (below RI), WRI (green)= Within RI (optimal), WRI (yellow)= Within RI (not optimal), H (red)= High (above RI)

\*This test was developed and its performance characteristics determined by Doctor's Data Laboratories in a manner consistent with CLIA requirements. The U. S. Food and Drug Administration (FDA) has not approved or cleared this test; however, FDA clearance is not currently required for clinical use. The results are not intended to be used as a sole means for clinical diagnosis or patient management decisions.

Methodology: Enzyme Immunoassay