

# ZRT Sleep Balance Profile

**Price: \$229.00**

## **Short Description**

Reveals whether hormones are your hidden barrier to restful sleep. Sleep Balance Profile pinpoints and measures both cortisol and melatonin at 4 times throughout a day - providing an accurate 24-hour sleep-wake pattern evaluation.

## **Description**

The industry's most accurate sleep-wake cycle testing reveals whether hormones are your hidden barrier to restful sleep. This test measures both cortisol and melatonin levels at 4 time points throughout the day - providing a true 24-hour sleep/wake pattern.

Melatonin, a hormone produced by the pineal gland during the dark phase of the light/dark cycle, regulates the sleep/wake cycle and the "biological clock". However, it is now known

also to have free radical scavenging and antioxidant properties and a significant role in stimulating the immune system to protect against the growth of abnormal tissues such as breast and prostate cancers.

Cortisol, a hormone produced by the adrenal glands in response to stress, is also known for its diurnal variation linked to the sleep/wake cycle. It has the opposite pattern to melatonin production in a healthy individual. When the cortisol pattern is disrupted, often as a result of excessive stress, it can cause high nighttime cortisol. This leads to more light exposure at night, lowering levels of melatonin.

### **The Sleep Balance Profile: Accurate, Affordable, Accessible**

Now a simple at-home testing option eliminates the need for middle-of-the-night samples. The first morning MT6s represent night time melatonin production. Collecting four **dried urine** strips at four-time points during the day is easy and convenient.

#### **Test measures:**

Melatonin (MTgs x4), Free Cortisol (FC x4), Free Cortisone (FCn x4) (UDHI)

#### **Additional Resources:**

web: [\*Your Sleep Disturbances May Be Hormone Related\*](#)

#### **Add-Ons**

***The following is available as an add-on to the Sleep Balance Profile:***

Add-on **Diurnal Norepinephrine & Epinephrine** - \$139.00

**Test Includes**

Lab	
ZRT	Yes
ZRT	
Elements	
Creatinine	
Other Hormones	
Melatonin (MTgsx4)	Yes
Sample Type	
Dried Urine	Yes
Glucocorticoids	
Free Cortisol x4 (FC X4)	
Free Cortisone x4 (FCnx4)	