

Genetic Lifehacks

Learn. Experiment. Optimize.

Hi there!

Sleep is essential, but quality sleep is something that many people struggle with at different points in life.

Did you know that people sleep less, on average, during the summer? One study put the difference at around 15 minutes less sleep on average in summertime.[\[ref\]](#) This makes sense with the changes in daylight hours and the delay in melatonin production. Summertime here in Montana means long days, going to bed while it is still twilight and then waking up after the sun rises. (And yeah, the stars and Milky Way are so amazing, if you are up in the middle of the night.)

Another interesting sleep study was done comparing Old Order Amish to non-Amish adults. The Amish eschew electric indoor lights, so their sleep patterns aren't affected by artificial light at night screwing up their circadian rhythm. The number of Amish adults sleeping less than 7 hours per night was significantly less than in the non-Amish group. Plus, the Amish went to bed an hour and a half earlier and got up an hour and a half earlier than the non-Amish. Interestingly, the average sleep duration was about the same for both groups. [\[ref\]](#)

The article below touches on slow wave sleep and one possible way to improve your quantity of slow wave sleep. If you are interested in sleep and circadian rhythm, members can see their variants on the [sleep summary report](#), giving you an easy way to choose which articles to read.

Gratefully yours,

~ Debbie Moon

Member Update:

Thanks so much to everyone that submitted a response to the survey on what to write about next. My goal is to meet the needs of members, whenever possible.

Several people suggested article topics via the survey for which I already have articles. This made me realize that I need to do a better job with search functionality and organizing content. I'm going to include the links to the already written articles for those suggested topics below, so scroll down if you submitted an 'other' topic to see if I already have an article on it.

My article on Brain Fog is coming along nicely and should be published by next week. It has turned out to be a bigger topic than I initially thought, with some fascinating genetic links that will hopefully help many who are dealing with cognitive issues.

After brain fog, I'll be tackling prostate-related genes, long covid/spike issues, low stomach acid, acupuncture and genetics (the research here is pretty cool), along with some great suggestions such as salicylate sensitivity and susceptibility to cold sore breakouts.



Glycine and Slow Wave Sleep

A recent study on sleep and dementia points out (once again) that sleep is essential for good health in aging. The study discovered that getting less sleep in your 50s and 60s, such as 6 hours or fewer per night, raises your risk of dementia in your later years by 30%.[\[ref\]](#)[\[ref\]](#)

Read the article, view your genes...

Health professional? Family health guru?

Find out more about the new [PRO Membership features.](#)

Survey Suggestions

These articles cover topics submitted as suggestions on the Members Survey.



HIF1A: Hypoxia, Cancer, and Athletic Superpowers

Have you ever wondered, though, how your cells can survive for a few minutes without oxygen — or how your body manages when oxygen levels are lower than normal? It turns out that we have an innate system that detects when oxygen levels are low and turns on other genes that can help cells survive when precious O₂ is not readily available.



Food Allergies (including Wheat Allergy)

Food allergies are due to a combination of environmental factors and genetic susceptibility. This article covers the background science of allergies and the genetic variants linked to specific food allergies. It concludes with personalized 'lifehacks' for genetics and specific foods.



Osteoporosis

Osteoporosis is a degenerative bone disease facing many of us as we age. Affecting about 54 million people in the US currently, this is a disease that is estimated to affect 50% of



Phase I Detoxification (Medication tolerance)

Doctors often say “try this medication and see how it works for you”. Knowing how your genes work, you can know

women and 25% of men in their lifetime.

The good news here is that knowing where your genetic susceptibility lies can lead you to **targeted, personalized solutions** for osteoporosis.

what is more likely to work and you can understand why a specific medication gives you side effects.

The rate at which a medication is metabolized affects how your body will react to that drug:

- Too fast and you may not get the effect you need.
- Too slow and you may build up too much in your body when you take the next dose.



FUT2 (non-secretor)

A genetic variant in the FUT2 gene controls whether or not you secrete your blood type into your saliva and other bodily fluids, such as your intestinal mucosa.

Whether you secrete your blood type plays a big role in the type of bacteria that dwell in our gut microbiome. Being a non-secretor can have both positive and negative impacts. For example, being a 'non-secretor' protects you from getting the norovirus – a.k.a. the dreaded stomach flu.



Red Meat and Colon Cancer

Recent headlines have touted that meat consumption causes colon cancer. This, of course, has set off Twitter wars between meat lovers and vegetarians, with most people left wondering how this personally affects them. Should they eliminate red meat from their diet? What is the true risk of colon cancer due to meat consumption?

When you bring individual genetics into the picture, it turns out that for some people, meat consumption probably doesn't increase the risk of colon cancer at all. For other people, the increase in risk is quite a bit higher than the 20% increase that is seen in population-wide studies.

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