

# Genetic Lifehacks

Learn. Experiment. Optimize.

## Sleep is on my mind...

With the time change here to Daylight Savings Time this week, sleep is on my mind.

Normally, I'm a good sleeper. I prioritize sleep through blocking blue light for a couple of hours before bed, cutting off caffeine in the morning, and cooling off my bedroom at night.

But I'm also very sensitive to time changes - whether traveling across time zones or changing the clock for Daylight Savings Time. Altering my circadian rhythm makes me, well, a little grumpy and irritable.

So this week past week, I put together a report on sleep genes, just for members. If you're not sleeping well, I hope the genetic links can point you in the right direction for sleep optimization. If you are wondering about the science behind recommendations to lock the clock on Standard Time, check out the research studies at the end of this newsletter.

~ Debbie



**New Sleep Report**

Check out the new sleep report just for members. It is a concise roundup of sleep-related genetic variants with quick actions that you could implement tonight, if you aren't sleeping well.

[View your genes...](#)



## **Circadian Rhythm and Immune Response**

Our immune system's response varies over the course of 24-hours. At certain times, we may be more resilient to fighting off viruses; at other times of the day, we may be more susceptible to pathogens.

For anyone who has traveled across multiple time zones, this altered immune response won't come as much of a surprise. How many times have you adjusted to jet lag, just to end up with a cold or not feeling well? Similarly, you are at an increased risk of getting sick when staying up late – pulling that all-nighter before finals or working the night shift once in a while.

This article covers the background information on how your circadian rhythm and timing is important in your body's immune response in general – and the response to viruses such as COVID-19 and the flu.

[Read more](#)

## What I've been reading:

### [Measurable health effects associated with the daylight saving time shift](#)

A 2020 research study using IBM Watson Health MarketScan insurance data incorporates data from 150 million US patients (you? me?). The analysis showed a small but significant increase in heart attacks, injuries, and mental health issues that occurs with the change to Daylight Savings Time. "We estimate that each spring DST shift is associated with negative health effects—with 150,000 incidences in the US, and 880,000 globally."

### [Daylight saving time: an American Academy of Sleep Medicine position statement](#)

This position statement by the AASM sums up some of the research showing that sticking with Standard Time would be significantly better for our health than switching each year to Daylight Savings Time.

### [Increased Patient Safety-Related Incidents Following the Transition into Daylight Savings Time](#)

New research showing the increase in human errors in a healthcare setting increased ~19% the week of the spring time change (and ~5% with the fall time change).

### [Let there be light: does circadian rhythm disruption cause polycystic ovary syndrome?](#)

An article published this week analyzes the latest research showing that intermittent shift work doubles the risk of PCOS. Animal and cell studies show that the mechanism is likely via alterations to daily hormone rhythm.

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Bozeman, MT

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