Deep Sleep

Countries, based on your geometry, you are likely to be an especially deep sleeper.

What you can do

If you are experiencing any sleep-related symptoms, you can take advantage of sleep guidance. You can set up a routine, limits, and a bedtime reminder. You can also adjust your sleep settings to your environment.

Genetics and Deep Sleep

How deeply you sleep is influenced by your genetic variation in the 40A gene.

You have two copies of the C variant.

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<tr>
<th>Gene</th>
<th>Minor (A)</th>
<th>Major (C)</th>
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Scientific Details

How deeply we sleep is influenced by a genetic marker in the 40A gene. We phased your genome to identify your genetic variation in the 40A gene. This marker can influence how deeply you sleep.

References

1. [Reference 1](#)
2. [Reference 2](#)
3. [Reference 3](#)
4. [Reference 4](#)
5. [Reference 5](#)
6. [Reference 6](#)
7. [Reference 7](#)
8. [Reference 8](#)
9. [Reference 9](#)
10. [Reference 10](#)

Change Log

Your experiences were collected automatically. You've been sleeping for an hour. The Page log has been updated.

Date: March 3, 2023

Sleep Log

Sleep Duration: 8 hours
Sleep Quality: 5/5
Rest Time: 10 minutes
Nap Time: 0 minutes

References

[1] Reference 1
[2] Reference 2
[3] Reference 3
[4] Reference 4
[7] Reference 7
[8] Reference 8
[9] Reference 9
[10] Reference 10

Note: All references are hyperlinks to the respective sources.