

## Microbiome Information for: hypersomnia

### For prescribing Medical professionals Review

The suggestions below are based on an Expert System (Artificial Intelligence) modelled after the MYCIN Expert System produced at Stanford University School of Medicine in 1972. The system uses over 1,800,000 facts with backward chaining to sources of information. The typical sources are studies published on the US National Library of Medicine.

Many recent studies has found that symptoms and symptom severity has strong associations to the microbiome for many conditions. Correcting the microbiome dysfunction is beleived to reduce the severity of symptoms. In some cases, this correction may cause symptoms to disappear.

These are a *a priori suggestions* that are predicted to independently reduce microbiome dysfunction. Suggestions should *only be done after a review* by a medical professional factoring in patient's conditions, allergies and other issues.

**This report may be freely shared by a patient to their medical professionals**

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Best practise for making microbiome adjustments is to obtain the individuals microbiome. The following are the best microbiome to use with this expert system model. The suggestions below are intended as temporary suggestions until a test result in received.

In the USA

Ombre (<https://www.ombrelab.com/>)

Thome (<https://www.thome.com/products/dp/gut-health-test>)

Worldwide: BiomeSight (<https://biomesight.com>) - Discount Code 'MICRO'

### Analysis Provided by Microbiome Prescription

A Microbiome Analysis Company

892 Lake Samish Rd, Bellingham WA 98229

Email: [Research@MicrobiomePrescription.com](mailto:Research@MicrobiomePrescription.com)

## Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of hypersomnia

*Nota Bena:* Many studies are done with a small sample size or mixtures of condition subsets which can greatly diminish the ability to detect bacteria shifts.

<b>Bacteria Name</b>	<b>Rank</b>	<b>Shift</b>	<b>Taxonomy ID</b>	<b>Bacteria Name</b>	<b>Rank</b>	<b>Shift</b>	<b>Taxonomy ID</b>
Coriobacteria	<i>class</i>	<b>Low</b>	84998	Klebsiella	<i>genus</i>	<b>High</b>	570
Barnesiellaceae	<i>family</i>	<b>Low</b>	2005519	Lactococcus	<i>genus</i>	<b>Low</b>	1357
Barnesiella	<i>genus</i>	<b>Low</b>	397864	Phoceae	<i>genus</i>	<b>Low</b>	1926663
Bilophila	<i>genus</i>	<b>Low</b>	35832	Ruminiclostridium	<i>genus</i>	<b>Low</b>	1508657
Blautia	<i>genus</i>	<b>Low</b>	572511	Coriobacteriales	<i>order</i>	<b>Low</b>	84999
Flavonifractor	<i>genus</i>	<b>High</b>	946234	Streptococcus pyogenes	<i>species</i>	<b>High</b>	1314

## Substance to Consider Adding or Taking

These are the most significant substances that are likely to improve the microbiome dysfunction. Dosages are based on the dosages used in clinical studies. For more information see: <https://microbiomeprescription.com/library/dosages>. These are provided as examples only

Colors indicates the type of substance: i.e. probiotics and prebiotics, herbs and spices, etc. There is no further meaning to them.

Antibiotics annotated with [CFS] have been used with various degree of success with Myalgic Encephalomyelitis, Chronic Fatigue Syndrome, Chronic Lyme, Chronic Q-Fever and Long COVID conditions. Rotation of antibiotics with 3 weeks off between courses is recommended.

(r) -naproxen sodium salt,(prescription)

**cinoxacin (antibiotic)**

**floxuridine,(prescription)**

**glycyrrhizic acid (licorice)** 32 gram/day

**high-fat diets**

**ibuprofen**

**kanamycin (antibiotic)s**

**lactulose**

**loperamide hydrochloride,(prescription)**

**melatonin supplement** 10 mg/day

**nalidixic acid sodium salt (antibiotic)**

**oxolinic acid (antibiotic)**

**paromomycin (antibiotic)s**

**pipemidic acid (antibiotic)**

**pivmecillinam hydrochloride (antibiotic)**

**prednisone,(prescription)**

**quercetin, resveratrol**

**resveratrol (grape seed/polyphenols/red wine)** 2 gram/day

**ribostamycin sulfate salt (antibiotic)**

**risperidone,(prescription)**

**sisomicin sulfate (antibiotic)**

**spectinomycin dihydrochloride (antibiotic)**

**tea**

**thioguanosine,(prescription)**

**tridosan**

**Vitamin B1,thiamine hydrochloride** 1.8 gram/day

**Vitamin B-12** 10 mg/day

**Vitamin C (ascorbic acid)** 30 g/day

**zidovudine; azt,(prescription)**

## Substance to Consider Reducing or Eliminating

These are the most significant substances have been identified as probably contributing to the microbiome dysfunction.

In some cases blood work may show low levels of some vitamins, etc. listed below. This may be due to *greedy* bacteria reported at a high level above. Viewing bacteria data on the Kyoto Encyclopedia of Genes and Genomes (<https://www.kegg.jp/>) may provide better insight on the course of action to take.

amikacin (antibiotic)s  
ampicillin (antibiotic)s[CFS]  
barley  
benzylpenicillin sodium (antibiotic)  
berberine  
ciprofloxacin (antibiotic)s[CFS]  
Curcumin  
fluoroquinolone (antibiotic)s  
gentamicin (antibiotic)s  
ginger  
glycerol monolaurate (Monolaurin)

imipenem (antibiotic)s  
lactobacillus rhamnosus gg (probiotics)  
meropenem (antibiotic)s  
minocycline (antibiotic)s[CFS]  
piperacillin-tazobactam (antibiotic)s  
syzygium aromaticum (clove)  
thyme (thymol, thyme oil)  
tobramycin (antibiotic)s  
trimethoprim (antibiotic)s  
vancomycin (antibiotic)[CFS]  
vitamin a

## Sample of Literature Used

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## Additional APriori Analysis Available

Available at: <https://microbiomeprescription.com/Library/PubMed>

Acne  
 ADHD  
 Allergic Rhinitis (Hay Fever)  
 Allergies  
 Alopecia (Hair Loss)  
 Alzheimer's disease  
 Amyotrophic lateral sclerosis (ALS) Motor Neuron  
 Ankylosing spondylitis  
 Anorexia Nervosa  
 Antiphospholipid syndrome (APS)  
 Asthma  
 Atherosclerosis  
 Autism  
 Autoimmune Disease  
 Barrett esophagus cancer  
 Bipolar Disorder  
 Brain Trauma  
 Carcinoma  
 Celiac Disease  
 Cerebral Palsy  
 Chronic Fatigue Syndrome  
 Chronic Kidney Disease  
 Chronic Lyme  
 Chronic Obstructive Pulmonary Disease (COPD)  
 Chronic Urticaria (Hives)  
 Coagulation / Micro clot triggering bacteria  
 Colorectal Cancer  
 Constipation  
 Coronary artery disease  
 COVID-19  
 Crohn's Disease  
 cystic fibrosis

deep vein thrombosis  
Depression  
Dermatomyositis  
Eczema  
Endometriosis  
Eosinophilic Esophagitis  
Epilepsy  
Fibromyalgia  
Functional constipation / chronic idiopathic constipation  
gallstone disease (gsd)  
Gastroesophageal reflux disease (Gerd) including Barrett's esophagus  
Generalized anxiety disorder  
Gout  
Graves' disease  
Hashimoto's thyroiditis  
Hidradenitis Suppurativa  
Histamine Issues From Ubiome  
Histamine Issues, Mast Cell Issue, DAO Insufficiency  
hypercholesterolemia (High Cholesterol)  
hyperglycemia  
Hyperlipidemia (High Blood Fats)  
hypersomnia  
hypertension (High Blood Pressure)  
Hypoxia  
IgA nephropathy (IgAN)  
Inflammatory Bowel Disease  
Insomnia  
Intelligence  
Irritable Bowel Syndrome  
Juvenile idiopathic arthritis  
Liver Cirrhosis  
Long COVID  
Lung Cancer  
ME/CFS with IBS  
ME/CFS without IBS  
Menopause  
Metabolic Syndrome  
Mood Disorders  
Multiple Sclerosis  
Multiple system atrophy (MSA)  
Neuropathy (all types)  
neuropsychiatric disorders (PANDAS, PANS)  
Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic  
NonCeliac Gluten Sensitivity  
Obesity  
obsessive-compulsive disorder  
Osteoarthritis  
Osteoporosis  
Parkinson's Disease  
Postural orthostatic tachycardia syndrome  
Premenstrual dysphoric disorder  
Psoriasis  
rheumatoid arthritis (RA), Spondyloarthritis (SpA)  
Rosacea  
Schizophrenia  
Sjögren syndrome  
Sleep Apnea  
Small Intestinal Bacterial Overgrowth (SIBO)

**Stress / posttraumatic stress disorder**

**Systemic Lupus Erythematosus**

**Tic Disorder**

**Tourette syndrome**

**Type 1 Diabetes**

**Type 2 Diabetes**

**Ulcerative colitis**

**Unhealthy Ageing**