

Microbiome Information for: Insomnia

For non-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

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

Bacteria being reported because of atypical values.

These bacteria were reported atypical in studies of Insomnia

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.

Bacteria Name	Rank	Shift	Taxonomy ID	Bacteria Name	Rank	Shift	Taxonomy ID
Actinomycetia	<i>class</i>	High	1760	Prevotella	<i>genus</i>	Low	838
Bacteroidaceae	<i>family</i>	Low	815	Roseburia	<i>genus</i>	Low	841
Oscillospiraceae	<i>family</i>	Low	216572	Shuttleworthia	<i>genus</i>	High	177971
Prevotellaceae	<i>family</i>	High	171552	Streptococcus	<i>genus</i>	High	1301
Aerococcus	<i>genus</i>	High	1375	Anaerobutyricum hallii	<i>species</i>	High	39488
Blautia	<i>genus</i>	High	572511	Clostridiales bacterium	<i>species</i>	High	1898207
Faecalibacterium	<i>genus</i>	Low	216851	Lactobacillus crispatus	<i>species</i>	High	47770
Fastidiosipila	<i>genus</i>	High	236752	Prevotella amnii	<i>species</i>	High	419005
Lachnospira	<i>genus</i>	Low	28050	Prevotella buccalis	<i>species</i>	High	28127
Lactobacillus	<i>genus</i>	High	1578	Prevotella colorans	<i>species</i>	High	1703337
Megasphaera	<i>genus</i>	High	906	Prevotella timonensis	<i>species</i>	High	386414

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.

bacillus subtilis (probiotics) 10 BCFU/day

Cacao 20 gram/day

chitosan,(sugar) 3 gram/day

fructo-oligosaccharides (prebiotic) 15 gram/day

fruit/legume fibre

lactobacillus casei (probiotics) 48 BCFU/day

lactulose

linseed(flaxseed) 30 mg/day

navy bean

omega-3 fatty acids 4 gram/day

pomegranate 1 gram/day

raffinose(sugar beet)

vitamin a 25000 IU/day

Retail Probiotics

Over 260 retail probiotics were evaluated with the following deemed beneficial with no known adverse risks.

garden of life / primal defense
renew life men's probiotic - ultimate
SuperSmart / Full Spectrum Probiotic Formula
klaire labs / target gb-x
jarrow formulas / jarro-dophilus eps
Sash Vitality / Bio-Cultures Probiotics for Adults
SuperSmart / Vaginal Health
7 AM Ultra Probiotics
quantum wellness / restora flora
optibac / for every day
Prescript-Assist®/SBO Probiotic
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
SuperSmart / Probio Forte
Jetson (US) / Mood Probiotics
seed / female version
jarrow formulas / jarro-dophilus® ultra
Bromatech (IT) / Citogenex
ISCON Elegance/ Ochek Capsule 10
just for tummies / live bacteria
nature's bounty / probioti 10
optibac / bifidobacteria & fibre
SuperSmart / Derma Relief
fairvital / microflora basic
Energybalance / ColoBiotica 28 Colon Support
MegaFood / MegaFlora
microbiome labs / hu58
Invivo / Bio.Me Femme UT
PharmExtracta (IT) / INatal Sachets
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
OMNI-BIOTIC®/ TRAVEL
organic 3 / primal gut
HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS
Physis / Advance Probiotics
Dr. Mercola / Complete Probiotics
Garden of Life / Dr. Formulated Once Daily Women's
vinco / probiotic eight 65
NOW FOODS / Clinical GI Probiotic
ecology_allergycare
hyperbiotics / pro-15
bioglan bio (au) / happy probiotic 50
powerlabs (au) / ultra blend
fürstenmed / lacto-bifido
newrhythm / probiotics 20 stains
Lake Avenue Nutrition / Probiotics 10 Strain Blend
Windlove Probiotics / Ecologic®825
ASEA VIA / BIOME
Wholesome Wellness / Raw Probiotic
bio-k+
HLH BIOPHARMA(DE) / LACTOBACT ® METABOLIC
jarrow formula / jarro-dophilus original
aor / probiotic-3
CustomProbiotics.com / L. Casei Probiotic Powder
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
udo's choice /super 8 gold

microbiome labs / restorflora
Krauterhaus / Lactopro
Jetson (US) / Immunity Probiotics
Advanced Bio-Cultures / Advance Multi Strain Probiotics
INVIVO THERAPEUTICS / Bio.Me IB +
elixa / probiotic
bioray / cytoflora
renew life / ultimate flora
up4 / ultra
SuperSmart / Bacillus Subtilis
bioglan bio (au) / happy probiotic 100
SuperSmart / Lactoxira
douglas laboratories / multi probiotic 40 billion
amy meyers / primal earth probiotic
Jetson / Gut Prep
visbiome

Note: Some of these are only available regionally – search the web for sources.

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.

bacillus coagulans (probiotics)

fasting

inulin (prebiotic)

ku ding cha tea

pectin

Psyllium (Plantago Ovata Husk)

resistant maltodextrin

resistant starch

saccharin

soy

stevia

tea

triphala

vitamin B3,niacin

xylan (prebiotic)

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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