

COLLECTION INSTRUCTIONS

Your midnight saliva collection

This test measures the two hormones that set your sleep-wake rhythm – melatonin and cortisol – from a single saliva sample taken at midnight. Collecting at the right time, in low light, is what makes your result meaningful.



A simple test you do at home

Your kit and instructions are posted directly to you – no collection centre visit needed. Collect one saliva sample at home at midnight, then mail it back to the lab in the prepaid packaging provided.

1 When to collect

You'll take **one sample at midnight** – and keeping the light low in the lead-up is essential.



WIND DOWN

Evening

dim the lights, screens off



COLLECT

Midnight

any time 12 – 2 am, in low light



THEN

Seal & store

room temp, post next day

Why collect in the dark?

Light – especially the blue light from phones, TVs and bright bulbs – **suppresses melatonin within minutes**. If you're exposed to bright light before or during collection, your result won't reflect your natural night-time levels. Keep the lights low through the evening, put screens away in the hour before, and collect in a dark or dimly-lit room. A low night-light is fine if you need to see. Try to collect while relaxed, before 2 am.

What this test measures

Melatonin

Cortisol (Midnight)

2 Before you collect

A little preparation in the evening keeps your result accurate.



Avoid this evening

Caffeine, alcohol and nicotine (smoking) all disrupt your sleep hormones – avoid them in the evening before you collect, unless your provider advises otherwise.



2 hours before

Do not eat, brush or floss your teeth, or use mouthwash (so, from around 10 pm). You may drink a little water during this time.



Just before

Wash your hands with soap and water, and rinse your mouth with water 15 minutes before collecting – keeping the lights low.

MEDICATIONS & SUPPLEMENTS

Taking melatonin or hormone products?

A **melatonin supplement will directly raise your melatonin result** – check with your practitioner whether to pause it before testing, and note it on your request form if you continue. Continue other medications as prescribed unless advised. If you use a hormone or steroid product (for example a cortisol/hydrocortisone cream), note it on your form and follow the timing below.

Product type	When to collect your sample
Creams / gels / capsules	12–24 hours after last dose
Troche / sublingual	36 hours after last dose
Patches	24–48 hours after applying patch
Injections / pellets	Midpoint between treatments

Not sure about timing?

If you're unsure how to time your sample around a supplement or medication, contact the lab on **info@i-screen.ai before you begin, or check with your practitioner.**

3 Collecting your sample

You'll collect one saliva sample at midnight. Take your time and fill the tube properly – an insufficient sample can't be processed.

- 1 **In a dark or dimly-lit room** (screens and bright lights off – a low night-light is fine), wash your hands, rinse your mouth with water, and wait at least **15 minutes** before collecting.
- 2 Unscrew the lid of the collection tube and hold it to your lips.
- 3 Tilt your head forward and let saliva pool naturally inside your mouth.
- 4 Allow saliva to **passively pool into the tube** – don't force or spit. Continue until you reach the fill line with liquid saliva.
- 5 **Fill the tube to the line with liquid saliva.** Avoid foam or bubbles – tap the tube with a fingernail or on a hard surface to settle them.
- 6 During collection, don't cough, clear your throat, or draw mucous from the back of your throat into the tube.
- 7 Screw the cap on **tightly** to avoid any leakage in transit.
- 8 Label the tube straight away with the details below – **the collection time is essential.**

Label your tube with:

- ☒ Your **first name and surname**
- ☒ Your **date of birth**
- ☒ The **time collected** (including am or pm)
- ☒ The **date of collection**

Storage: Keep your sample at room temperature until you post it – it does not need to be frozen or refrigerated. Send it back the next day.

4 Packing & sending

- 1 Check your **request form** is complete – full name, date of birth, address and contact number. Details must match your tube label.
- 2 Place your labelled tube into the **sealable** section of the specimen transport bag, and the request form into the **non-sealable** pocket.
- 3 Seal everything inside the **prepaid return envelope** provided and post it via your nearest Royal Mail post box or Post Office.

Your results: Once the lab receives your sample, your results and personalised insights appear in your secure i-screen dashboard, typically within **10–12 days**. We'll email you as soon as they're ready.