

★ Daytime sleepiness (Wang, 2019)

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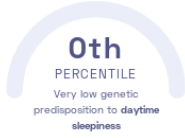
Sleep



STUDY SUMMARY

Identification of 42 novel genetic variants related to excessive daytime sleepiness and other sleep-related disorders.

YOUR RESULT



STUDY DESCRIPTION

For some, being sleepy during the day is not because they stayed up too late binge-watching the latest TV show. More than 1 in 10 people are affected by excessive daytime sleepiness, which can be a broader symptom of many sleep-related disorders like sleep apnea and narcolepsy. This study examined the genetic data of over 450,000 individuals of European ancestry who reported how sleepy they feel during the day. This analysis identified 42 novel genetic variants associated with excessive daytime sleepiness.

These variants explained 6.9% of the heritability of daytime sleepiness. Some variants appeared to be related to falling asleep (sleep propensity), while others appeared to be related to staying asleep (sleep fragmentation). Furthermore, the study discovered correlations between excessive sleepiness and other disorders, including *coronary artery disease* and *neuroticism*.







DID YOU KNOW?

Sticking to a sleep schedule and having a bedtime routine can help both ease your body into sleep and help you stay asleep.

YOUR DETAILED RESULTS

To calculate your genetic predisposition to daytime sleepiness we summed up the effects of genetic variants that were linked to daytime sleepiness in the study that this report is based on. These variants can be found in the table below. The variants highlighted in green have **positive effect sizes** and increase your genetic predisposition to daytime sleepiness. The variants highlighted in blue have **negative effect sizes** and decrease your genetic predisposition to daytime sleepiness. Variants that are not highlighted are not found in your genome and do not affect your genetic predisposition to daytime sleepiness. By adding up the effect sizes of the highlighted variants we calculated your polygenic score for daytime sleepiness to be **0.00**. To determine whether your score is high or low, we compared it to the scores of 5,000 other Nebula Genomics users. We found that your polygenic score for daytime sleepiness is in the **0th percentile**. This means that it is higher than the polygenic scores 0% of people. We consider this to be a **very low genetic predisposition to daytime sleepiness**. However, please note that genetic predispositions do not account for important non-genetic factors like lifestyle. Furthermore, the genetics of most traits has not been fully understood yet and many associations between traits and genetic variants remain unknown. For additional explanations, click on the column titles in the table below and visit our Nebula Library tutorial.

VARIANT	YOUR GENOTYPE	EFFECT SIZE	VARIANT FREQUENCY	SIGNIFICANCE
rs1846644_T	T / T	-0.01 (↓)	59%	2.50 x 10 ⁻²⁷
rs12140153_G	G / G	0.02 (↑)	90%	2.80 x 10 ⁻²⁰
rs3122170_C	A / A	0.01 (-)	23%	5.60 x 10 ⁻¹⁵
rs11123962_T	T / T	-0.01 (↓)	55%	7.50 x 10 ⁻¹⁵
rs189566347_C	C / C	-0.05 (↓)	99%	9.40 x 10 ⁻¹⁵
rs55818482_T	T / C	-0.01 (↓)	79%	1.40 x 10 ⁻¹⁴
rs13010456_A	A / G	0.01 (↑)	60%	2.10 x 10 ⁻¹³
rs62066119_C	T / T	0.01 (-)	75%	7.30 x 10 ⁻¹²
rs960986_C	C / T	0.01 (↑)	64%	1.50 x 10 ⁻¹¹
rs843372_C	T / T	0.01 (-)	23%	2.20 x 10 ⁻¹¹
rs7476897_G	G / G	0.01 (↑)	68%	2.70 x 10 ⁻¹¹
rs34478464_C	C / T	-0.01 (↓)	81%	5.80 x 10 ⁻¹¹
rs12153518_A	G / G	0.01 (-)	47%	6.80 x 10 ⁻¹¹
rs285793_G	A / A	0.01 (-)	46%	7.90 x 10 ⁻¹¹
rs57746981_C	C / C	0.01 (↑)	64%	2.20 x 10 ⁻¹⁰
rs17356118_A	A / G	-0.01 (↓)	77%	2.60 x 10 ⁻¹⁰
rs4665972_T	T / C	0.01 (↑)	39%	3.90 x 10 ⁻¹⁰
rs11078398+_G	G / G	0.01 (↑)	74%	7.10 x 10 ⁻¹⁰
rs6897863_A	A / A	0.01 (↑)	58%	7.60 x 10 ⁻¹⁰
rs6923811_T	T / T	0.01 (↑)	68%	9.10 x 10 ⁻¹⁰
rs17131124_C	C / C	-0.01 (↓)	91%	1.70 x 10 ⁻⁹
rs8015449_A	G / G	0.01 (-)	54%	1.90 x 10 ⁻⁹
rs4765939_G	C / C	-0.01 (-)	58%	2.00 x 10 ⁻⁹
rs6741951_G	G / G	0.01 (↑)	71%	2.70 x 10 ⁻⁹
rs62519825_T	T / C	-0.01 (↓)	89%	3.80 x 10 ⁻⁹
rs1566362_T	T / T	0.01 (↑)	63%	3.80 x 10 ⁻⁹
rs7807363_A	A / G	-0.01 (↓)	56%	8.00 x 10 ⁻⁹
rs825127_T	G / G	0.01 (-)	53%	9.50 x 10 ⁻⁹
rs9712275_C	T / T	-0.01 (-)	49%	1.30 x 10 ⁻⁸
rs886114_C	T / T	0.01 (-)	36%	1.90 x 10 ⁻⁸
rs2787120_A	A / G	0.01 (↑)	83%	2.00 x 10 ⁻⁸
rs55960940_T	T / T	0.01 (↑)	82%	2.00 x 10 ⁻⁸
rs7837226_A	A / G	-0.01 (↓)	47%	2.00 x 10 ⁻⁸
rs7598712_G	G / G	0.01 (↑)	56%	2.20 x 10 ⁻⁸
rs641498_A	G / G	-0.01 (-)	39%	2.50 x 10 ⁻⁸
rs13135092_A	A / A	0.01 (↑)	92%	3.10 x 10 ⁻⁸
rs13097760_A	A / C	-0.01 (↓)	64%	3.20 x 10 ⁻⁸

rs2048522_A 	A / A	0.01 (↑)	57%	3.50×10^{-8}
rs7162082_C 	C / C	0.01 (↑)	80%	3.50×10^{-8}
rs11942333_G 	G / G	-0.01 (↓)	68%	3.80×10^{-8}
rs12263139_T 	T / T	-0.01 (↓)	88%	4.40×10^{-8}
rs7982022_G 	G / G	-0.01 (↓)	56%	4.40×10^{-8}
rs2472297_C 	C / C	0.01 (↑)	74%	4.80×10^{-8}