

1. Is the sampling kit complete?

Please check if the sampling kit is complete. Each kit includes:

- Sampling instructions
- Medical history form
- Requisition form
- 5 saliva collection tubes (with coded labels)
- 5 plastic straws
- Protective mailing container (white cap) with inserted absorbent material

- Plastic bag marked "Biohazard"
- Ice Pack
- Return envelope

If any of the above is missing or damaged, please contact us, and we will send you a replacement kit immediately.

2. How to prepare properly

Please pay attention to the following instructions. Deviations from these instructions may result in improper evaluation of the test results.

If unsure, call the Diagnostiki Athinon team at +30 210-7777654, Monday through Friday, 8 a.m. to 7 p.m.

Adhering to the [scheduled sampling times](#) is critically important for the interpretation of results. Even small delays in sample collection may alter the findings.

- Do not consume alcohol the night before sample collection.
- Saliva samples [must not contain blood](#), e.g., from gum bleeding.

- Saliva samples should be collected [before brushing your teeth](#), or at the earliest 30 minutes afterward.
- Do not use mouthwash or any gargling solution.
- Collect the saliva sample in the afternoon, [at least 30 minutes after eating or drinking](#).
- Immediately before collecting the sample, rinse your mouth with [clean water](#) and begin sampling only once saliva flow has normalized.
- If you are taking [melatonin supplements](#) for sleep regulation, you should [discontinue them at least 1 week](#) before performing the test.

For the measurement of melatonin levels in saliva, please take the following factors into consideration:

Increase in melatonin production due to:

- Excessive use of alcohol or tobacco
- Medications (especially beta-blockers, antidepressants, dexamethasone, MAO inhibitors)
- Exposure to bright light

Reduction in melatonin levels due to:

- Plant-based foods (e.g., tomatoes, olive oil), Fruits (e.g., apples, oranges, pineapples, bananas, kiwis, strawberries)
- Grains (e.g., rice, corn, oats)



3. Saliva samples collection instructions

1. Samples should be collected at specific times and under low-light conditions (dim lighting).

Sample No 1	3 hours before your usual bedtime
Sample No 2	2 hours before your usual bedtime
Sample No 3	1 hour before your usual bedtime
Sample No 4	Your usual bedtime
Sample No 5	1 hour after your usual bedtime

2. **Select the appropriately numbered tube.** Each tube has a sticker label, which contains a unique code and a number from 1 to 5.

3. Using the plastic straw provided, direct the flow of saliva into the collection tube. Fill the tube **approximately $\frac{3}{4}$ full** with saliva (do not include foam in the measurement).

4. Carefully close the tube.

5. Place the tube with the sample into the protective shipping sleeve and store it in your **freezer** until the entire sampling series (all 5 tubes) has been completed.

For example: If your usual bedtime is at 11:00 p.m., sample No. 1 should be collected at 8:00 p.m. (i.e., 3 hours before bedtime), followed by the collection of the next four samples every hour: at 9:00 p.m., 10:00 p.m., 11:00 p.m., and 12:00 a.m. (midnight).

Sample Collection Time Examples

Bedtime	1st	2nd	3rd	4th	5th
20:00	17:00	18:00	19:00	20:00	21:00
22:00	19:00	20:00	21:00	22:00	23:00
24:00	21:00	22:00	23:00	24:00	01:00
01:00	22:00	23:00	24:00	01:00	02:00

4. Sending the samples

Place the kit **ice pack** in the freezer for at least 8 - 10 hours before shipping the sample.

Place the shipping sleeve containing all 4 collection tubes into the plastic bag labeled "Biohazard" and seal it. Then, place it inside the packaging box along with the frozen ice pack and the **completed forms** (medical history form and requisition form).

Place the sealed packaging box into the **return envelope** and seal it.

Call your **local ACS Courier representative**, and send the sample to Diagnostiki Athinon at the recipient's expense.

If you are **outside Greece**, please **phone or email Diagnostiki Athinon** so we can send you the necessary return forms and arrange your appointment with the **local DHL / FedEx representative**.

>> Send the sample immediately after collection

>> Do not send the sample on Fridays or the eve of holidays