

Microbiome Information for: Insomnia

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 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

[Our Facebook Discussion Page](#)

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
Actinomycetes	class	High	1760	Olsenella	genus	Low	133925
Bacilli	class	Low	91061	Oscillibacter	genus	High	459786
Bacteroidia	class	High	200643	Oscillospira	genus	Low	119852
Negativicutes	class	High	909932	Paenibacillus	genus	High	44249
Bacteroidaceae	family	Low	815	Peptococcus	genus	Low	2740
Coriobacteriaceae	family	High	84107	Prevotella	genus	Low	838
Erysipelotrichaceae	family	High	128827	Roseburia	genus	Low	841
Lachnospiraceae	family	High	186803	Ruminococcus	genus	Low	1263
Lactobacillaceae	family	Low	33958	Senegalimassilia	genus	Low	1473205
Oscillospiraceae	family	Low	216572	Shuttleworthella	genus	High	177971
Prevotellaceae	family	High	171552	Staphylococcus	genus	High	1279
Ruminococcaceae	family	High	541000	Streptococcus	genus	High	1301
Aerococcus	genus	High	1375	Bacteroidales	order	High	171549
Agathobacter	genus	Low	1766253	Lactobacillales	order	Low	186826
Akkermansia	genus	Low	239934	Selenomonadales	order	High	909929
Allisonella	genus	High	209879	Akkermansia muciniphila	species	Low	239935
Bacteroides	genus	High	816	Anaerobutyricum hallii	species	High	39488
Blautia	genus	High	572511	Bacteroides caecimuris	species	Low	1796613
Coprobacter	genus	Low	1348911	Candida albicans	species	Low	5476
Coprococcus	genus	High	33042	Clostridiales bacterium	species	High	1898207
Dorea	genus	High	189330	Eubacterium xylanophilum	species	High	39497
Eubacterium	genus	High	1730	Fusobacterium mortiferum	species	High	850
Faecalibacterium	genus	Low	216851	Hallella colorans	species	High	1703337
Fastidiosipila	genus	High	236752	Hoylella buccalis	species	High	28127
Flaviflexus	genus	High	1522056	Hoylella timonensis	species	High	386414
Flavonifractor	genus	Low	946234	Lactobacillus crispatus	species	High	47770
Globicatella	genus	High	13075	Muribaculum intestinale	species	Low	1796646
Intestinibacter	genus	High	1505657	Prevotella amnii	species	High	419005
Klebsiella	genus	High	570	Pseudomonas aeruginosa	species	High	287
Lachnospirillum	genus	High	1506553	Roseburia inulinivorans	species	High	360807
Lachnospira	genus	Low	28050	Staphylococcus aureus	species	High	1280
Lactobacillus	genus	High	1578	Streptococcus pyogenes	species	Low	1314
Megasphaera	genus	High	906	Streptococcus salivarius	species	High	1304

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.

Akkermansia muciniphila {Pendulum Probiotic} 10 BCFU/day
Arthrospira platensis {Spirulina}
 Astragalus
 Avena sativa x Hordeum vulgare {barley,oat}
bacillus licheniformis {b. licheniformis} 10 BCFU/day
Bifidobacterium animalis {B. animalis}
 cholic,taurocholic ,chenodeoxycholic,glycocholic acids {Bile supplements}
Cichorium intybus {Chicory} 1800 mg/day
 Citrus polymethoxyflavone {Nobiletin (oranges and lemons)}
Dextrin 40 gram/day
 Fagopyrum esculentum {Buckwheat}
gynostemma pentaphyllum {Jiaogulan}
 high carbohydrate diet
 Hordeum vulgare {Barley} 60 gram/day
Lactaseibacillus paracasei {L.paracasei} 40 BCFU/day
Lactaseibacillus rhamnosus {l. rhamnosus} 48 BCFU/day
 Lactose {Milk Sugar}
Ligilactobacillus salivarius {L. salivarius} 9 BCFU/day
Limosilactobacillus fermentum {L. fermentum} 12 BCFU/day

Limosilactobacillus reuteri {L. Reuteri} 22 BCFU/day
 long-term, moderate-intensity exercise {exercise}
Mannan oligosaccharides {Mannooligosaccharide} 8 gram/day
Momordica charantia {Bitter gourd}
 Morus {Mulberry }
 Nitrogen Oxide x Particulate Matter {Urban air pollutant}
 non-starch polysaccharides
 Outer Layers of Triticum aestivum {Wheat Bran}
 Polyethylene oxide sorbitan mono-oleate {Polysorbate 80}
 proton-pump inhibitors (prescription) 60 mg/day
 Pyroguaiac acid {Guaiacol}
 restricted-fiber diet {low fiber diet}
 Rheum x hybridum {Rhubarb}
Saccharomyces cerevisiae var boulardii {S. boulardii} 6 BCFU/day
schisandra chinensis {magnolia berry}
 Sodium Chloride {Salt}
 synthetic disaccharide derivative of lactose {Lactulose}
 walnuts 75 gram/day
 wheat
 Whole Cow milk {Whole Milk}

Retail Probiotics

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

Global Healing Center / FloraTrex
 Wholesome Wellness / Raw Probiotic
 SuperSmart / Full Spectrum Probiotic Formula
 vita miracle / ultra-30 probiotics
 Garden of Life / Dr. Formulated Once Daily Women's
 hyperbiotics / pro-15
 nature's way (au) / restore probiotic 100 billion
 Next Generation
 seed / female version
 newrhythm / probiotics 20 strains
 fürstenmed / lacto-bifido
 Lake Avenue Nutrition / Probiotics 10 Strain Blend
 Advanced Bio-Cultures / Advance Multi Strain Probiotics
 elixa / probiotic
 bioray / cytoflora
 renew life / ultimate flora
 bioglan bio (au) / happy probiotic 100
 garden of life / primal defense
 jamieson (can) / probiotic 10 bcfu
 jarow formulas / jarro-dophilus® ultra
 SuperSmart / Oral Health
 Ombre / Healthy Gut
 OMNI-BIOTIC®/ 10 AAD
 bravo europe / freeze-dried bravo
 Physician Choice /60 Billion Probiotics
 7 AM Ultra Probiotics
 quantum wellness / restora flora
 Probiotic 10 Billion Active Cells Daily Maintenance
 bravo europe / starter and complex
 Ombre / Metabolic Booster
 organic 3 / primal gut
 solaray / microbiome probiotic colon formula
 SuperSmart / Vaginal Health
 bioglan bio (au) / happy probiotic 50
 optibac / for women
 OMNI-BIOTIC®/ TRAVEL
 jarow formulas / fem-dophilus®
 Wakunaga / Max Probiotic
 Bioflora(MX) / Woman
 naturopathica (au) / gastrohealth women's probiotic with cranberry
 seed / male version
 Dr. Mercola / Complete Probiotics
 NOW FOODS / Clinical GI Probiotic
 vinco / probiotic eight 65
 Physis / Advance Probiotics
 Eden's / 3-in-1 Synbiotic Superblend
 Ombre / Endless Energy
 Sash Vitality /Bio-Cultures Probiotics for Adults
 blackmore (au) / probiotics+ womens flora balance
 Northwest Natural Products / PB8
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
 1 md / complete probiotics platinum
 custom probiotics / six strain probiotic powder

Nu U (uk) / Bio-Cultures Complex
biospec / probiotic-5
RepHresh / Pro-B Probiotic Supplement for Women
young living/life 9
nature's bounty / probioti 10
MegaFood / MegaFlora
spain (es) / aquilea intimus
Ombre / Restore
Thryve L.PCasei Th1, L.PCasei Th2,L.Ferm IBF1, L.acidoph
Bromatech (IT) / Lautoselle
Bioflora (MX) / BIOFLORAMX / 50 BILLION 10 Strains
renew life men's probiotic - ultimate
custom probiotics / d-lactate free probiotics powder
Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains
JGL / Lactogyn
up4 / ultra
jarrow formulas / fem dophilus
Bromatech (IT) / Psicobrain
douglas laboratories / multi probiotic 40 billion
LiveWell Nutrition / Pro-45
Jetson (US) / Immunity Probiotics
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
custom probiotics / four strain lactobacilli
naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
udo's choice /super 8 gold
Windlove Probiotics / Ecologic®825
ASEA VIA / BIOME
Bromatech (IT) / Rotanelle plus
Immune Defense Daily Chewable Probiotic
blackmores (au) / probiotics + adults daily (90 capsules)
Swiss BioEnergetics / Full Spectrum Probiotic Defence
spain (es) / muvagyn probiotico
probiotic pur (de) / realdose nutrition
Bulk Probiotics / L. Fermentum Probiotic Powder
Pregnancy Care Probiotic
bio-k+
jarrow formula / jarro-dophilus original
solgar / advanced multi-billion dophilus
optibac / for daily immunity
Bromatech(IT) / FEMELLE
SuperSmart / Akkermansia Muciniphila Postbiotic (pasturized)
microbiome labs / restorflora
zint nutrition / probiotic collagen +
Smidge / Sensitive Probiotic
Botica Alternativa / Lactobacilos Reuteri
Krauterhaus / Lactopro
Bromatech (IT) / Aflugenex
SuperSmart / Candalb
spain (es) / vivomixx
reg'activ / immune & vitality
ProGoes® Forte
CustomProbiotics.com / L. Paracasei Probiotic Powder
Ombre / Mood Enhancer
naturopathica (au) / gastrohealth probiotic adults 50+
Realdose
Metabolics / Lactobacillus Rhamnosus Powder
SuperSmart / Lactoxira
Bromatech (IT) / Enterelle

HLH BIOPHARMA(DE) / LACTOBACT ® AAD
klaire labs / target gb-x
Materna® Opti-Lac® Breast Feeding Support
jarrow formulas / jarro-dophilus eps
spain (es) / ns defenbiotic kids
ferring / vsl#3
Resbiotic / resB® Lung Support
Bromatech (IT) / Acronelle
spain (es) / gastrus
florastor / florastor
optibac / for those on antibiotics
Good Start® by Gerber® Breastfeeding Comfort Plus Probiotics
Invivo / Bio.Me Femme UT
CustomProbiotics.com / L. Reuteri Probiotic Powder
Bromatech (IT) / Milonet
Pendulum / Metabolic Daily
Schwabe Pharma Italia / AxiBoulardi
Bulk Probiotics / L. Salivarius Probiotic Powder
Bio Schwartz / Advance Strength Probiotics (40 BCFU)
microbiome labs/ megasporebiotic
Bromatech / ENTERELLE PLUS
SuperSmart / Derma Relief
Bulk Probiotics / L. Paracasei Probiotic Powder
Ombre / Harmony
Maple Life Science™ / Lactobacillus salivarius
spain (es) / ultralevura
spain (es) / casenbiotic
ImmuneBiotech Medical Sweden AB / GutMagnific®
organic 3 / yeastbiotic
CVSHealth / Daily Probiotic
Bromatech (IT) / Serobiome
UltraFlora® Immune Booster
danactive drink
up4 / women's
ISCON Elegance/ Ochek Capsule 10
just for tummies / live bacteria
solgar / advanced 40+ acidophilus
spain (es) / reuteri gotas
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
organic 3 / gutpro
optibac / saccharomyces boulardii
BioGaia / BioGaia Products
naturopathica (au) / gastrohealth antacid
Pendulum / Pendulum Glucose Control
CustomProbiotics.com / L. Salivarius Probiotic Powder
SuperSmart / Lactobacillus reuteri
Microbiome Plus+™ Gastrointestinal
Bulk Probiotics / L. Rhamnosus Probiotic Powder
Schiff® Digestive Advantage® Advanced Probiotics Multi-Strain Support
Jetson (US) / Mood Probiotics
Symprove™
Maple Life Science™ / Lactobacillus fermentum
CustomProbiotics.com / L. Rhamnosus Probiotic Powder
blackmore (au) / probiotics+ eczema relief
imagilin / NutriLots Replenish
Schwabe Pharma Italia / EnteroDophilus
Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
Jetson / FIT

Seeking Health / Probiota HistaminX
optibac / for every day
UltraFlora® Restore
Microbiome Labs / MEGA Genesis
Pendulum / akkermansia muciniphila
Bromatech (IT) / Ramnoselle
Metabolics / Lactobacillus Salivarius Powder
blackmore (au) / probiotics+ daily health
nature's instincts / ultra spore probiotic
Biorela® Daily
spain (es) / lactanza hereditum
Bulk Probiotics / L. Reuteri Probiotic Powder
ecology_allergycare
Bulk Probiotics / Saccharomyces boulardii Probiotic Powder (Digestive Support)
Maple Life Science™ / Lactobacillus reuteri
spain (es) / gum periobalance
BioGaia / Elactia
fairvital / microflora basic
Energybalance / ColoBiotica 28 Colon Support
jarrow formulas / jarro-dophilus mood
SuperSmart / Saccharomyces Boulardii
spain (es) / ns florabiotic instant
spain (es) / axiboulardi
SuperSmart / H. Pylori Fight
wakamoto (jp) / strong wakamoto w
BioGaia / BioGaia Osfortis
Wakunaga / Pro+ Synbiotic
Pädia GmbH (DE)/Mambiotic Kapseln
HLH BIOPHARMA(DE) / LACTOBACT® OMNI FOS
naturopathica (au)/ gastrohealth probiotic daily care
lifted naturals / mood boosting probiotic
cytoplan(uk) / dentavital bifidophilus

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.

amoxicillin [CFS]	Honey {Honey }
ampicillin [CFS]	origanum vulgare {oregano}
Cinnamomum zeylanicum {Ceylon Cinnamon}	piperacillin-tazobactam
ciprofloxacin [CFS]	Propolis {Bee glue}
Curcuma longa {Turmeric}	Punica granatum {pomegranate}
Diferuloylmethane {Curcumin}	rosmarinus officinalis {rosemary}
Fiber, total dietary	Slow digestible carbohydrates. {Low Glycemic}
fruit	terpenophenolics {cannabinoids}
fruit/legume fibre	Thymus vulgaris {thyme}
gentamicin	vancomycin (antibiotic)[CFS]
grapes	Zingiber officinale Roscoe {ginger}

Sample of Literature Used

The following are the most significant of the studies used to generate these suggestions.

Linking Gut Microbiota, Oral Microbiota, and Serum Metabolites in Insomnia Disorder: A Preliminary Study.

Nature and science of sleep , Volume: 16 2024

Authors Lin W,Yang Y,Zhu Y,Pan R,Liu C,Pan J

Pain, obesity, adenosine salvage disruption, and smoking behavior mediate the effect of gut microbiota on sleep disorders: results from network Mendelian randomization and 16S rDNA sequencing.

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Assessing the causal association between sleep apnea and the human gut microbiome composition: A two-sample Mendelian randomization study.

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Authors Yu M,Chen X,Huang X,Gao X

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Sleep deprivation-induced anxiety-like behaviors are associated with alterations in the gut microbiota and metabolites.

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Abdominal Aortic Aneurysm
Acne
Addison's Disease (hypocortisolism)
ADHD
Age-Related Macular Degeneration and Glaucoma
Allergic Rhinitis (Hay Fever)
Allergies
Allergy to milk products
Alopecia (Hair Loss)
Alzheimer's disease
Amyotrophic lateral sclerosis (ALS) Motor Neuron
Ankylosing spondylitis
Anorexia Nervosa
Antiphospholipid syndrome (APS)
Asthma
Atherosclerosis
Atrial fibrillation
Autism
Autoimmune Disease
Barrett esophagus cancer
benign prostatic hyperplasia
Biofilm
Bipolar Disorder
Brain Trauma
Breast Cancer
Cancer (General)
Carcinoma
cdkl5 deficiency disorder
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
Cognitive Function
Colorectal Cancer
Constipation
Coronary artery disease
COVID-19
Crohn's Disease
Cushing's Syndrome (hypercortisolism)
cystic fibrosis
d-lactic acidosis (one form of brain fog)
deep vein thrombosis
Denture Wearers Oral Shifts
Depression
Dermatomyositis

Eczema
Endometriosis
Eosinophilic Esophagitis
Epilepsy
erectile dysfunction
Fibromyalgia
Food Allergy
Functional constipation / chronic idiopathic constipation
gallstone disease (gsd)
Gastroesophageal reflux disease (Gerd) including Barrett's esophagus
Generalized anxiety disorder
giant cell arteritis
Glioblastoma
Gout
Graves' disease
Gulf War Syndrome
Halitosis
Hashimoto's thyroiditis
Heart Failure
hemorrhagic stroke
Hemorrhoidal disease, Hemorrhoids, Piles
Hidradenitis Suppurativa
High Histamine/low DAO
hypercholesterolemia (High Cholesterol)
hyperglycemia
Hyperlipidemia (High Blood Fats)
hypersomnia
hypertension (High Blood Pressure)
Hypothyroidism
Hypoxia
IgA nephropathy (IgAN)
Inflammatory Bowel Disease
Insomnia
Intelligence
Intracranial aneurysms
Irritable Bowel Syndrome
ischemic stroke
Juvenile idiopathic arthritis
Liver Cirrhosis
Long COVID
Low bone mineral density
Lung Cancer
Lymphoma
Mast Cell Issues / mastitis
ME/CFS with IBS
ME/CFS without IBS
membranous nephropathy
Menopause
Metabolic Syndrome
Mood Disorders
multiple chemical sensitivity [MCS]
Multiple Sclerosis
Multiple system atrophy (MSA)
myasthenia gravis
neuropathic pain
Neuropathy (all types)
neuropsychiatric disorders (PANDAS, PANS)
Nonalcoholic Fatty Liver Disease (nafld) Nonalcoholic

NonCeliac Gluten Sensitivity
Obesity
obsessive-compulsive disorder
Osteoarthritis
Osteoporosis
pancreatic cancer
Parkinson's Disease
Peanut Allergy
Polycystic ovary syndrome
Postural orthostatic tachycardia syndrome
Premenstrual dysphoric disorder
primary biliary cholangitis
Primary sclerosing cholangitis
Psoriasis
rheumatoid arthritis (RA), Spondyloarthritis (SpA)
Rosacea
Schizophrenia
scoliosis
sensorineural hearing loss
Sjögren syndrome
Sleep Apnea
Slow gastric motility / Gastroparesis
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
Vitiligo