

Stress Test

Checking your cortisol levels.



Select a health screening package



Take a sample



View your results

Did you know:

- 74% of adults in the UK report feeling stressed and overwhelmed each year
- Women are 8% more likely to exhibit symptoms of stress than men
- Cases of Burnout have increased significantly since the first lockdown in March 2020

Why take our Stress Test?

Cortisol is the hormone produced by the body as a response to external stresses. It is an important component in your fight or flight response in times of crisis. It also helps to regulate blood pressure and control your sleep/wake cycle – both of which are affected during times of stress.

Do you have any of the following symptoms?

- Feeling tired all the time
- Anxiety
- Disrupted sleep
- Weight loss
- Depression
- Frequent illness

Any of these could be an indication of high cortisol levels. Order the test today to find out and take the first step to regaining a sense of peace and balance in your life.

The quick and easy home blood test kit will be sent to your address for you to provide the sample and send it back to our associated laboratory using the **free-post packaging** provided. Our specialists will then analyse your blood and provide you with the results within two days of receipt.

It is advised that this test is taken first thing in the morning (around 9am) as cortisol levels will change throughout the day.

This blood test looks at the following biometric markers:

- **Cortisol (9am)** – cortisol is a steroid hormone which is produced by the adrenal gland. It helps the body to use sugar and fat which can be converted for energy. It also has an important role to play in stress management as well as reducing inflammation. The level of cortisol in the bloodstream changes throughout the day, being highest in the morning and lowest last thing at night. The timing of the test sample is therefore very important.