

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/>)

Thorne (<https://www.thorne.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	Megasphaera	genus	High	906
Bacilli	class	Low	91061	Olsenella	genus	Low	133925
Bacteroidia	class	High	200643	Oscillibacter	genus	High	459786
Negativicutes	class	High	909932	Oscillospira	genus	Low	119852
Bacteroidaceae	family	Low	815	Paenibacillus	genus	High	44249
Coriobacteriaceae	family	High	84107	Peptococcus	genus	Low	2740
Erysipelotrichaceae	family	High	128827	Roseburia	genus	Low	841
Lachnospiraceae	family	High	186803	Senegalimassilia	genus	Low	1473205
Lactobacillaceae	family	Low	33958	Shigella	genus	High	620
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
Coproacter	genus	Low	1348911	Candida albicans	species	Low	5476
Coprococcus	genus	High	33042	Clostridiales bacterium	species	High	1898207
Dorea	genus	High	189330	Clostridium perfringens	species	High	1502
Enterococcus	genus	High	1350	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
Lachnoclostridium	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
				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.

5,6-dihydro-9,10-dimethoxybenzo[g]-1,3-benzodioxolo[5,6-a]quinolizinium {Berberine} 1.5 gram/day

Astragalus

Avena sativa x Hordeum vulgare {barley,oat}

Bifidobacterium animalis {B. animalis}

cholic,taurocholic ,chenodeoxycholic,glycocholic acids {Bile supplements}

Fagopyrum esculentum {Buckwheat}

Hordeum vulgare {Barley} 60 gram/day

Hydrastis canadensis {Goldenseal}

Lactobacillus casei {L. casei} 48 BCFU/day

Lactobacillus rhamnosus {L. rhamnosus} 48 BCFU/day

Limosilactobacillus fermentum {L. fermentum} 12 BCFU/day

Limosilactobacillus reuteri {L. Reuteri} 22 BCFU/day

long-term, moderate-intensity exercise {exercise}

Morus {Mulberry }

non-starch polysaccharides

Outer Layers of Triticum aestivum {Wheat Bran}

proton-pump inhibitors (prescription) 60 mg/day

Pulses, Beans

Rheum x hybridum {Rhubarb}

Rhubarb x Peony {Rhubarb Peony Decoction}

Sodium alginate 3000 mg/day

synthetic disaccharide derivative of lactose {Lactulose}

Tobacco consumption {Smoking}

walnuts 75 gram/day

wheat

whole-grain diet

Retail Probiotics

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

natviehealthcare.com/Renewbiome Mega
 SuperSmart / Full Spectrum Probiotic Formula
 seed / female version
 vita miracle / ultra-30 probiotics
 hyperbiotics / pro-15
 nature's way (au) / restore probiotic 100 billion
 Global Healing Center / FloraTrex
 Garden of Life / Dr. Formulated Once Daily Women's
 Wholesome Wellness / Raw Probiotic
 Thryve Inside/ L.Reu,Rham,Casi; B.Lactis
 Advanced Bio-Cultures / Advance Multi Strain Probiotics
 Probiotic 10 Billion Active Cells Daily Maintenance
 newrhythm / probiotics 20 stains
 elixa / probiotic
 bioray / cytoflora
 Next Generation
 Bioflora (Mx) / BIOFLORA / 30 BILLION 10 strains
 Bioflora(MX) / Woman
 jarow formulas / fem dophilus
 fairvital / microflora basic
 fürstenmed / lacto-bifido
 jarow formulas / jarro-dophilus eps
 seed / male version
 quantum wellness / restora flora
 udo's choice /super 8 gold
 spain (es) / aquilea intimus
 bio-k+
 optibac / for women
 organic 3 / primal gut
 up4 / ultra
 1 md / complete probiotics platinum
 renew life / ultimate flora
 garden of life / primal defense
 vinco / probiotic eight 65
 just for tummies / live bacteria
 jarow formula / jarro-dophilus original
 jarow formulas / fem-dophilus®
 jarow formulas / jarro-dophilus® ultra
 Jetson (US) / Immunity Probiotics
 ASEA VIA / BIOME
 naturopathica (au) / gastrohealth women's probiotic with cranberry
 bioglan bio (au) / happy probiotic 100
 bioglan bio (au) / happy probiotic 50
 blackmore (au) / probiotics+ womens flora balance
 SuperSmart / Derma Relief
 Northwest Natural Products / PB8
 NOW FOODS / Clinical GI Probiotic
 Krauterhaus / Lactopro
 Dr. Mercola / Complete Probiotics
 Lake Avenue Nutrition / Probiotics 10 Strain Blend
 MegaFood / MegaFlora
 SuperSmart / Oral Health
 SuperSmart / Vaginal Health
 Bromatech (IT) / Psicobrain

JGL / Lactogyn
Bromatech (IT) / Rotanelle plus
Ombre / Metabolic Booster
Ombre / Restore
7 AM Ultra Probiotics
HLH BIOPHARMA(DE) / LACTOBACT ® PREMIUM
HLH BIOPHARMA(DE) / LACTOBACT ® 60PLUS
RepHresh /Pro-B Probiotic Supplement for Women
Physis / Advance Probiotics
OMNI-BIOTIC®/ TRAVEL
Sash Vitality /Bio-Cultures Probiotics for Adults
Swiss BioEnergetics / Full Spectrum Probiotic Defence
Metabolics / Lactobacillus Rhamnosus Powder
Invivo / Bio.Me Femme UT
HLH BIOPHARMA(DE) / LACTOBACT ® OMNI FOS
OMNI-BIOTIC®/ 10 AAD
LiveWell Nutrition / Pro-45
Thryve L.PCasei Th1, L.PCasei Th2,L.Ferm IBF1, L.acidoph
Ombre / Harmony
Ombre / Endless Energy
Bromatech (IT) / Serobiome
Biorela® Daily
Ombre / Mood Enhancer
Ombre / Healthy Gut
Bromatech (IT) / Citogenex
Bromatech (IT) / Lautoselle
Bromatech (IT) / Milonet
Bromatech (IT) / Ramnoselle
Physician Choice /60 Billion Probiotics
ISCON Elegance/ Ochek Capsule 10
Microbiome Labs / MEGA Genesis
PharmExtracta (IT) / INatal Sachets
Schwabe Pharma Italia / EnteroDophilus
Botica Alternativa / Lactobacilos Reuteri
Bromatech(IT) / FEMELLE
BioGaia / BioGaia Osfortis
BioGaia / BioGaia Products
Resbiotic /resB® Lung Support
SuperSmart / Probio Forte
CVSHealth / Daily Probiotic
BioGaia / Elactia
Good Start® by Gerber® Breastfeeding Comfort Plus Probiotics
Materna® Opti-Lac® Breast Feeding Support
Microbiome Plus+™ Gastrointestinal
Pregnancy Care Probiotic
SuperSmart / H. Pylori Fight
SuperSmart / Lactobacillus reuteri
SuperSmart / Lactoxira
ProGoes® Forte
Symprove™
Maple Life Science™ / Lactobacillus fermentum
Maple Life Science™ / Lactobacillus reuteri
Wakunaga / Kyo-Dophilus® Multi 9 Probiotic
Wakunaga / Max Probiotic
Wakunaga / Pro+ Synbiotic
Nu U (uk) /Bio-Cultures Complex
Windlove Probiotics / Ecologic®825
Jetson / FIT

Jetson (US) / Mood Probiotics
 naturopathica (au) / gastrohealth probiotic ultimate daily care 100billion
 naturopathica (au) / gastrohealth probiotic dairy free 50 billion
 Pädia GmbH (DE)/Mambiotic Kapseln
 CustomProbiotics.com / L. Casei Probiotic Powder
 CustomProbiotics.com / L. Reuteri Probiotic Powder
 CustomProbiotics.com / L. Rhamnosus Probiotic Powder
 ecology_allergycare
 blackmore (au) / probiotics+ eczema relief
 bravo europe / starter and complex
 bravo europe / freeze-dried bravo
 naturopathica (au)/ gastrohealth probiotic daily care
 naturopathica (au) / gastrohealth probiotic adults 50+
 theramedix / probiotic
 biospec / probiotic-5
 zint nutrition / probiotic collagen +
 up4 /women's
 douglas laboratories / multi probiotic 40 billion
 optibac / for every day
 optibac / for those on antibiotics
 visbiome
 young living/life 9
 spain (es) / lactanza hereditum
 spain (es) / muvagyn probiotico
 spain (es) / ns defenbiotic kids
 spain (es) / casenbiotic
 spain (es) / gum periobalance
 spain (es) / gastrus
 spain (es) / ns florabiotic instant
 spain (es) / reuteri gotas
 reg'activ / immune & vitality
 nature's bounty / probioti 10
 custom probiotics / d-lactate free probiotics powder
 custom probiotics / four strain lactobacilli
 custom probiotics / six strain probiotic powder
 renew life men's probiotic - ultimate
 lifted naturals / mood boosting probiotic
 jarro formulas / jarro-dophilus mood
 klaire labs / target gb-x
 cytoplan(uk) /dentavital bifidophilus
 solaray / microbiome probiotic colon formula
 jamieson (can) / probiotic 10 bcfu
 Bulk Probiotics / L. Rhamnosus Probiotic Powder
 Bulk Probiotics / L. Reuteri Probiotic Powder
 Bulk Probiotics / L. Fermentum Probiotic Powder
 Bulk Probiotics / L. Casei Probiotic Powder (Candida Support)
 SuperSmart / Candalb

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]	Grape Polyphenols {Grape Flavonoids}
ampicillin [CFS]	grapes
Azadirachta indica {Neem}	henopodium quinoa {Quinoa}
benzylpenicillin sodium (antibiotic)	High-fibre diet {Whole food diet}
Cinnamomum zeylanicum {Ceylon Cinnamon}	Honey {Honey }
ciprofloxacin [CFS]	imipenem
Curcuma amada {Mango ginger}	meropenem
Curcuma longa {Turmeric}	piperacillin-tazobactam
D-glucose {Glucose}	Propolis {Bee glue}
dietary fiber	Punica granatum {pomegranate}
Diferuloylmethane {Curcumin}	resveratrol-pterostilbene x Quercetin {quercetin x resveratrol}
Epicatechin {Green tea polyphenol}	rosmarinus officinalis {rosemary}
Fiber, total dietary	Slow digestible carbohydrates. {Low Glycemic}
fruit	terpenophenolics {cannabinoids}
fruit/legume fibre	Thymus vulgaris {thyme}
gentamicin	vancomycin (antibiotic)[CFS]
	Zingiber officinale Roscoe {ginger}

Sample of Literature Used

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

[Gut microbiome and sleep disturbances in menopause.]

Advances in gerontology = Uspekhi gerontologii , Volume: 38 Issue: 4 2025

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Gut microbiota-mediated causal relations between sleep disorders and stroke: a Mendelian randomization study.

Hormones (Athens, Greece) , 2025 Sep 1

Authors Li C,Zeng K,Mo D,Yu X,Peng J,Zhao Z

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.

Frontiers in microbiology , Volume: 15 2024

Authors Li FJ,Zhang RY,Li JY,Liu YN,Zhang ZX,Du L,Li YD,Liu X,Zhang W,Cui GY,Xu CY

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

SAGE open medicine , Volume: 12 2024

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

Faecalibacterium prausnitzii Supplementation Prevents Intestinal Barrier Injury and Gut Microflora Dysbiosis Induced by Sleep Deprivation.

Nutrients , Volume: 16 Issue: 8 2024 Apr 9

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A Mendelian randomization investigation of the causal association between the gut microbiota and sleep disorders.

Frontiers in microbiology , Volume: 15 2024

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

Microbiology spectrum , Volume: 12 Issue: 4 2024 Apr 2

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Frontiers in microbiology , Volume: 15 2024

Authors Wang X,Wang C,Liu K,Wan Q,Wu W,Liu C

Gut microbiota and metabolic profiles in chronic intermittent hypoxia-induced rats: disease-associated dysbiosis and metabolic disturbances.

Frontiers in endocrinology , Volume: 14 2023

Authors Li C,Shi S

A bidirectional Mendelian randomization study investigating the causal role between gut microbiota and insomnia.

Frontiers in neurology , Volume: 14 2023

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Butyrate Ameliorates Insufficient Sleep-Induced Intestinal Mucosal Damage in Humans and Mice.

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[The gut microbiota-bile acid axis links the positive association between chronic insomnia and cardiometabolic diseases.](#)

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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
liver fibrosis
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