



Kihealth is transforming how people detect, prevent, and treat disease through a state-of-the-art approach connecting novel diagnostics, genetics and at-home healthcare delivered direct to the consumer.

Sleep & Stress Test

Fuel Your Life Through Better Sleep

Harness powerful biomarkers to curb stress, optimize sleep, and enhance your overall health. This simple test is your key to understanding and preventing health issues, leading to improved well-being and disease prevention.



Key Benefits of the Sleep & Stress Test

01

Innovative Biomarker Analysis

Delve into your sleep quality and stress levels with the latest scientific advancements.

02

Early Detection

Identify potential health issues related to sleep and stress before they escalate.

03

Comprehensive Health Insight

Understand how sleep and stress are interconnected with your overall well-being.

04

Actionable Results

Receive clear and actionable information to improve your lifestyle and health.

05

Simple and Private Testing

Conduct the test comfortably at home, ensuring privacy and convenience.

Empower Your Health with the Sleep & Stress Test – a Path to Better Sleep, Reduced Stress, and Enhanced Well-being.



Private
Test at Home



Fast
CLIA-Certified
Lab



Free
Physician Consultation for
Positive and Abnormal Results

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