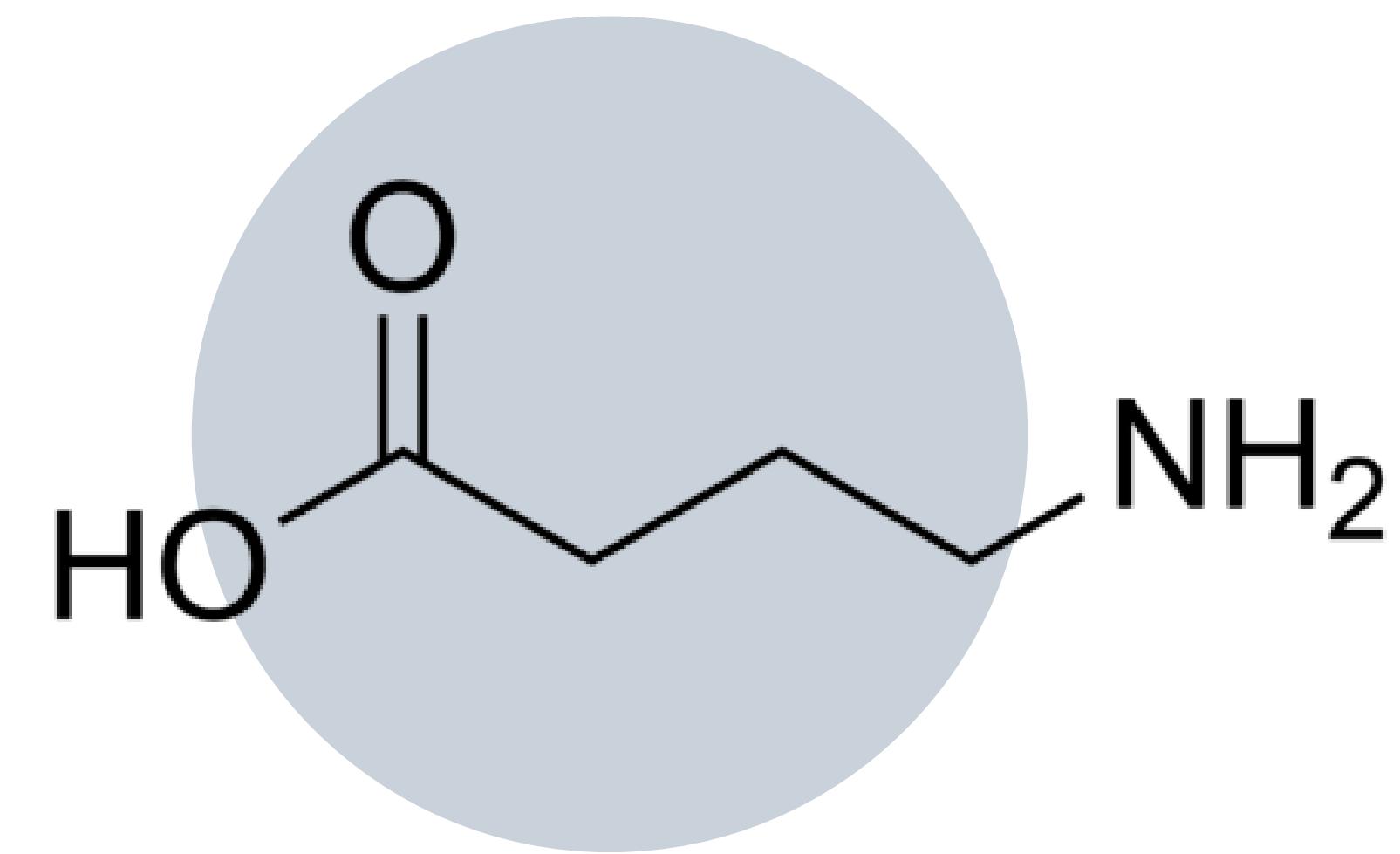
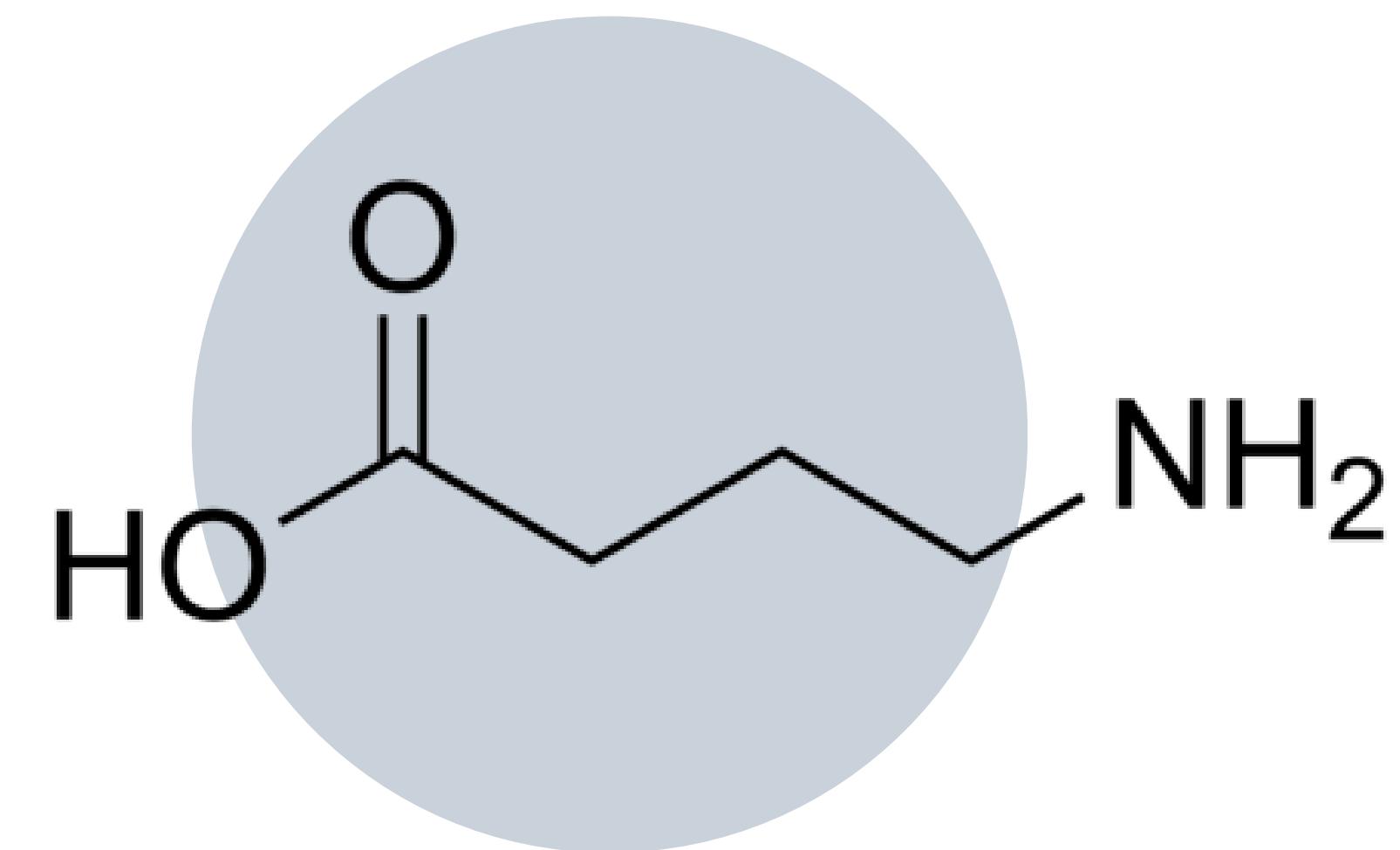


Experiment on yourself

Open Citizen Science in Uppsala

BIOHACKERI





GABA

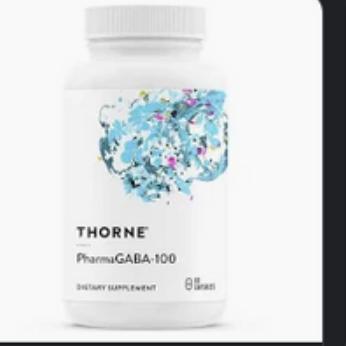
GABA

X |

Images Shopping Videos News Comparison sites Maps Books Flights

About 117 000 000 results (0,32 seconds)

Sponsored :

 Healthwell GABA 500, 90... 159,00 kr Svensk Hälsok... Free shipping 176,67 kr/100ct	 Healthwell GABA 1000, 9... 259,00 kr Svenskt Kosttill... Free shipping 287,78 kr/100ct	 Thorne PharmaGABA... 359,00 kr Greatlife.se Free shipping 5,98 kr/1ct	 Solgar GABA 500 mg, 50 kaps 229,00 kr Svensk Hälsok... Free shipping 458,00 kr/100ct	 NOW GABA 500 mg 100... 250,00 kr 29... Apohem +15,00 kr ship... ★★★★★(9k+)
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- It may decrease the amount of time it takes to fall asleep.
- It may increase the amount of time spent in REM sleep.
- 300 milligrams (mg) of GABA one hour before bed for four weeks showed a statistically significant reduction in the time needed to fall asleep.

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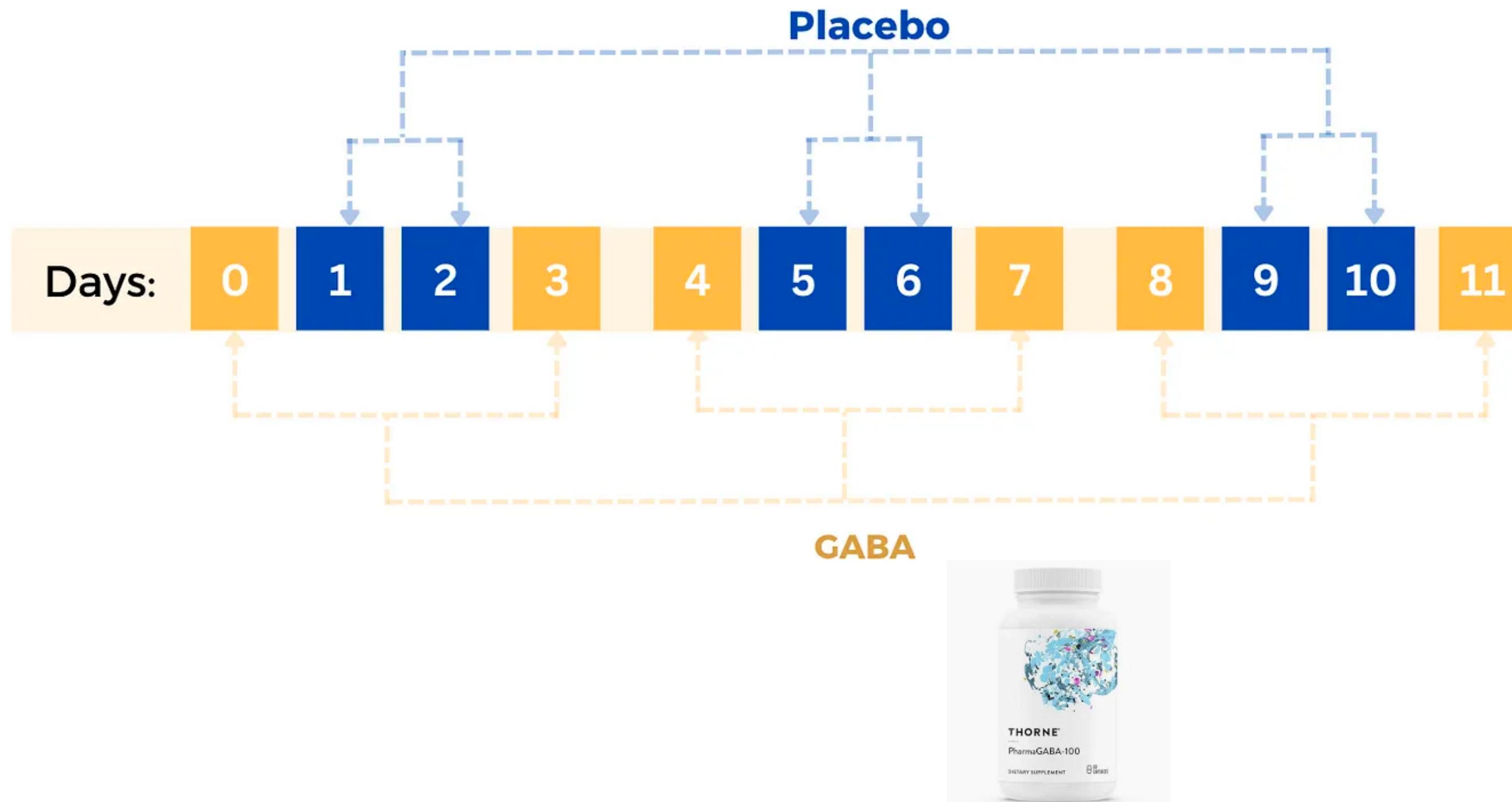
_ The Internet

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 - It may increase the amount of time spent in REM sleep.
 - 300 milligrams (mg) of GABA one hour before bed for four weeks showed a statistically significant reduction in the time needed to fall asleep.
- The Internet
The (dark place called the) Internet

Let's try it out

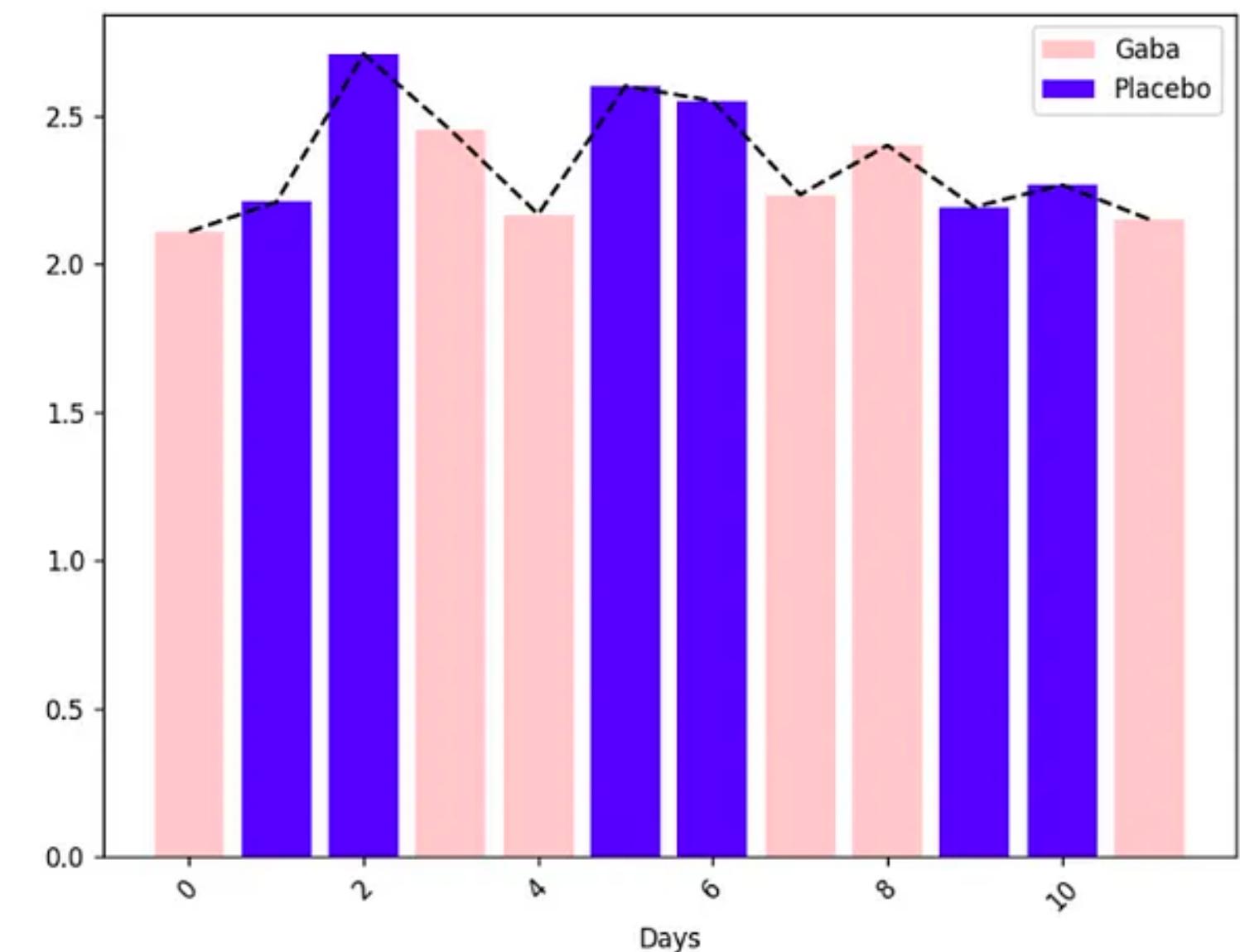
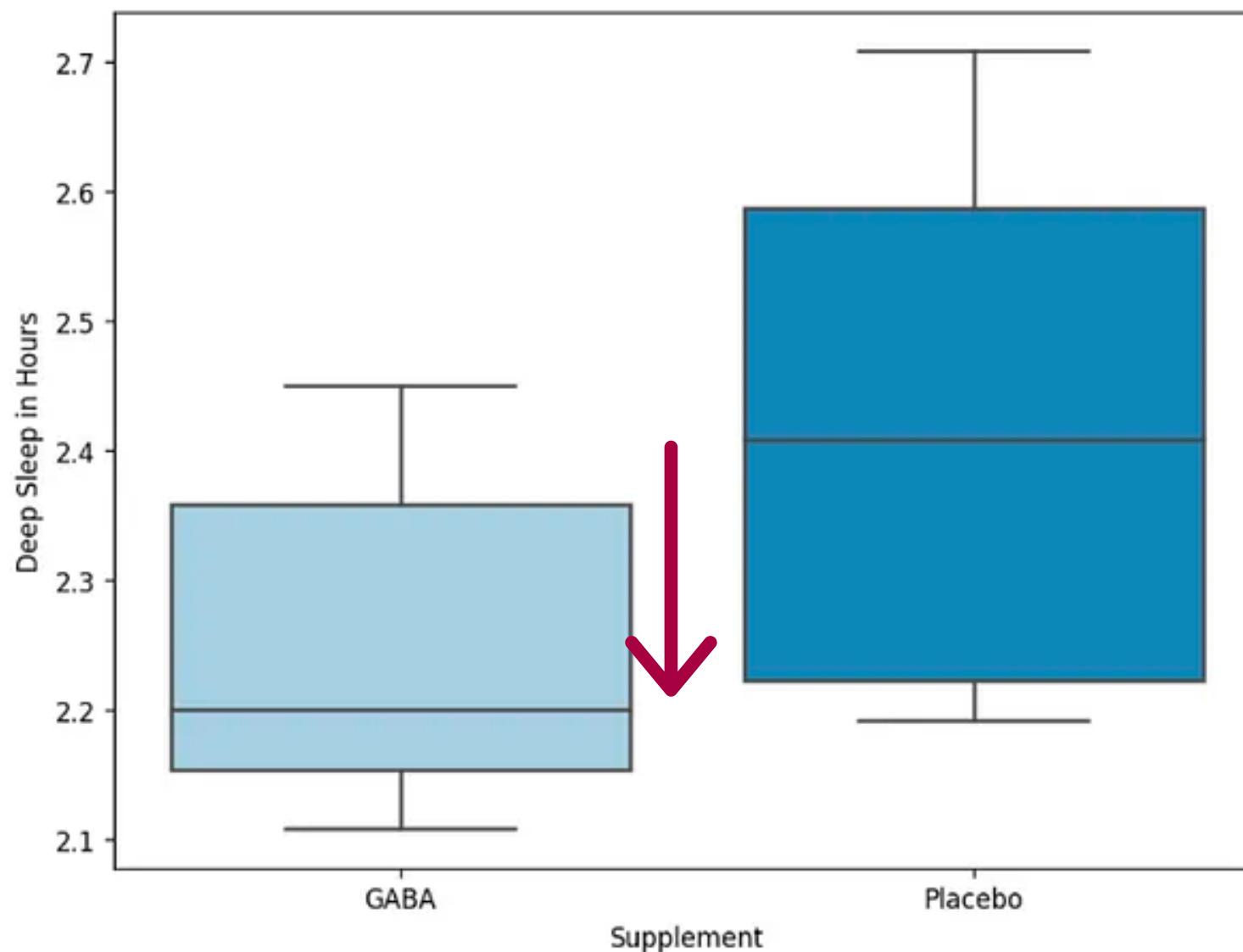
Let's try it out





Results

Changes in deep sleep (in hours)







The Internet can be wrong, sometimes

Summer 2019

Summer 2019



Summer 2019



Summer 2019



Summer 2019



Summer 2019



**Let's stop
eating for 3
days**

Summer 2019

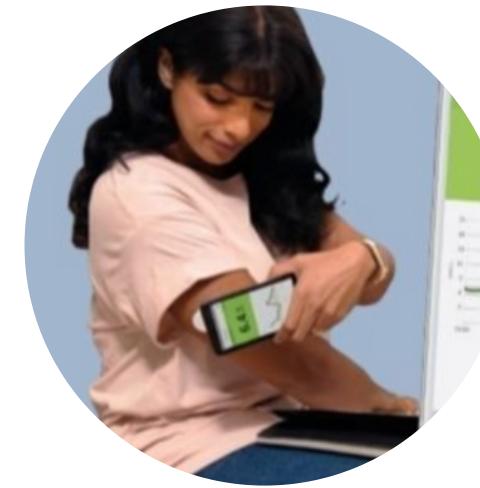
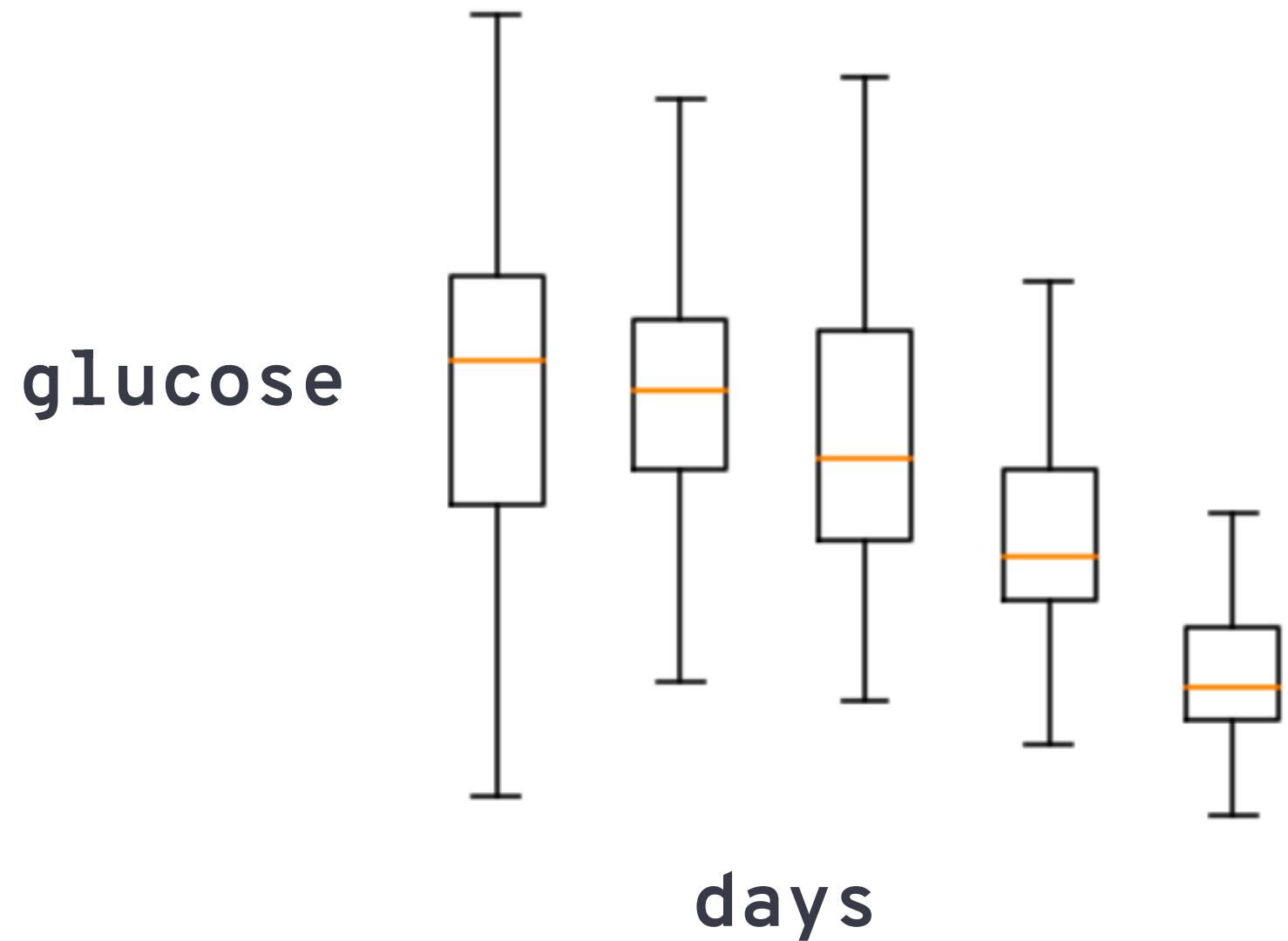


Fasting

what happens when you stop eating

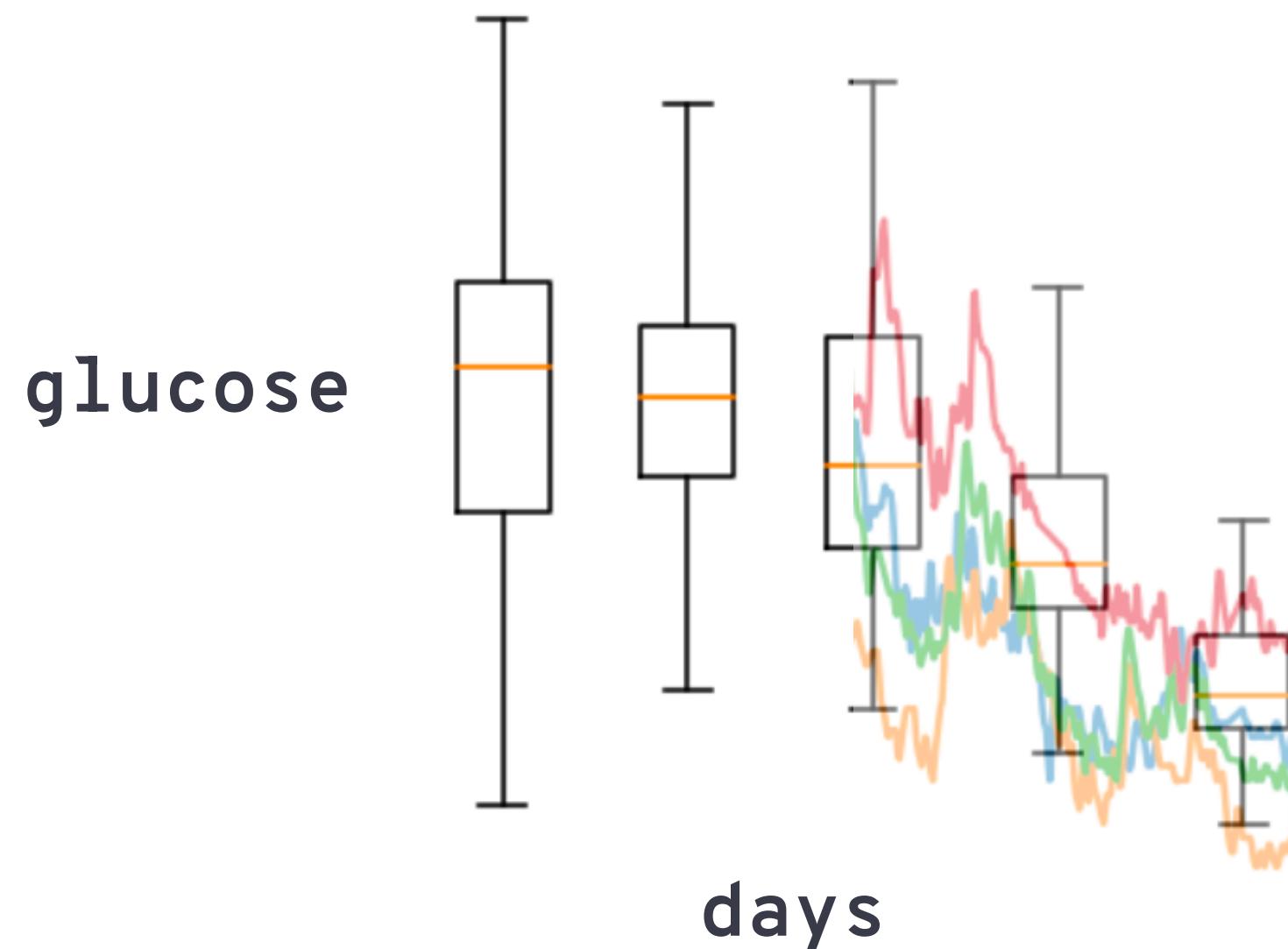
Fasting

what happens when you stop eating



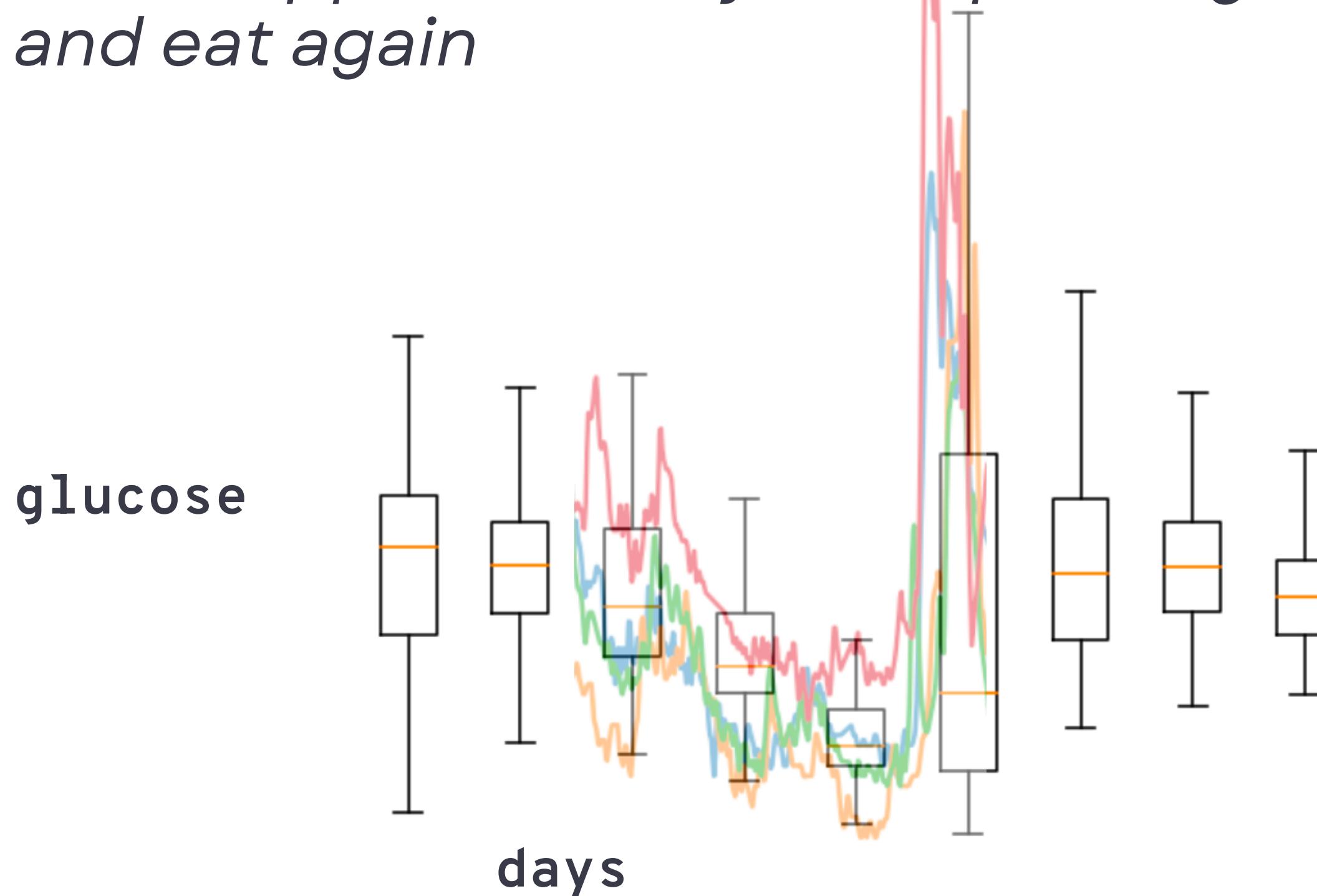
Fasting

what happens when you stop eating



Fasting

*what happens when you stop eating
and eat again*



bio
-hacking

BIOHACKERI

What is Biohackeri

What we are doing

How to get involved

BIOHACKERI

A place for
Open citizen science
Self-experimentation
and DIY Biology



A place for
Open citizen science
Self-experimentation
and DIY Biology
focused on Health and Wellbeing

BIOHACKERI



D-vitamin, ljus och träning - så motverkar du vinterdeppighet



Irat 400 000 invånare

– I Region Uppsalas uppdrag ingår det ett ansvar för att driva på för en hållbar regional utveckling i samsvar med lärets kommande utvecklingsmöjligheter, näringssliv, cirkulationsmöjligheter och akademisk forskning och akademi, säger Emilia. Vi arbetar tillsammans för att utveckla Uppsala lin genom att stimulera innovation, ny teknik, grönare konsumtionsförfrågningar och förbättrat näringsslivsklimatet och stöttar konkurrensföretagning. Allt med syfte att skapa försörjningsmångfalt för hushåll, hälsa och fortsett

urveckling, både för dem som bor i länet idag och för kommande generationer.

ÄVEN REGION UPPSALAS senaste befolkningssprognos visar att Uppsala lin växer och förväntats fördubbla vissa i högre tider än folkmängden i Uppsala lin förväntas öka till 538 613 invånare år 2050. Det innebär en ökning med 39 procent mellan 2022 och 2050 och kusprut 13 procent under samma period.

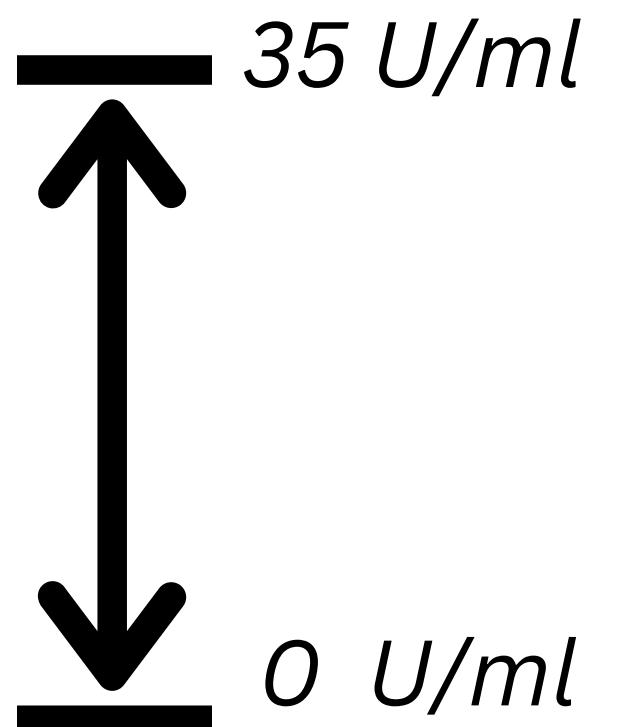
Foto: Gunnel Mårtensson, Uppsala lin

Kontakta Gunnel Mårtensson, Uppsala lin

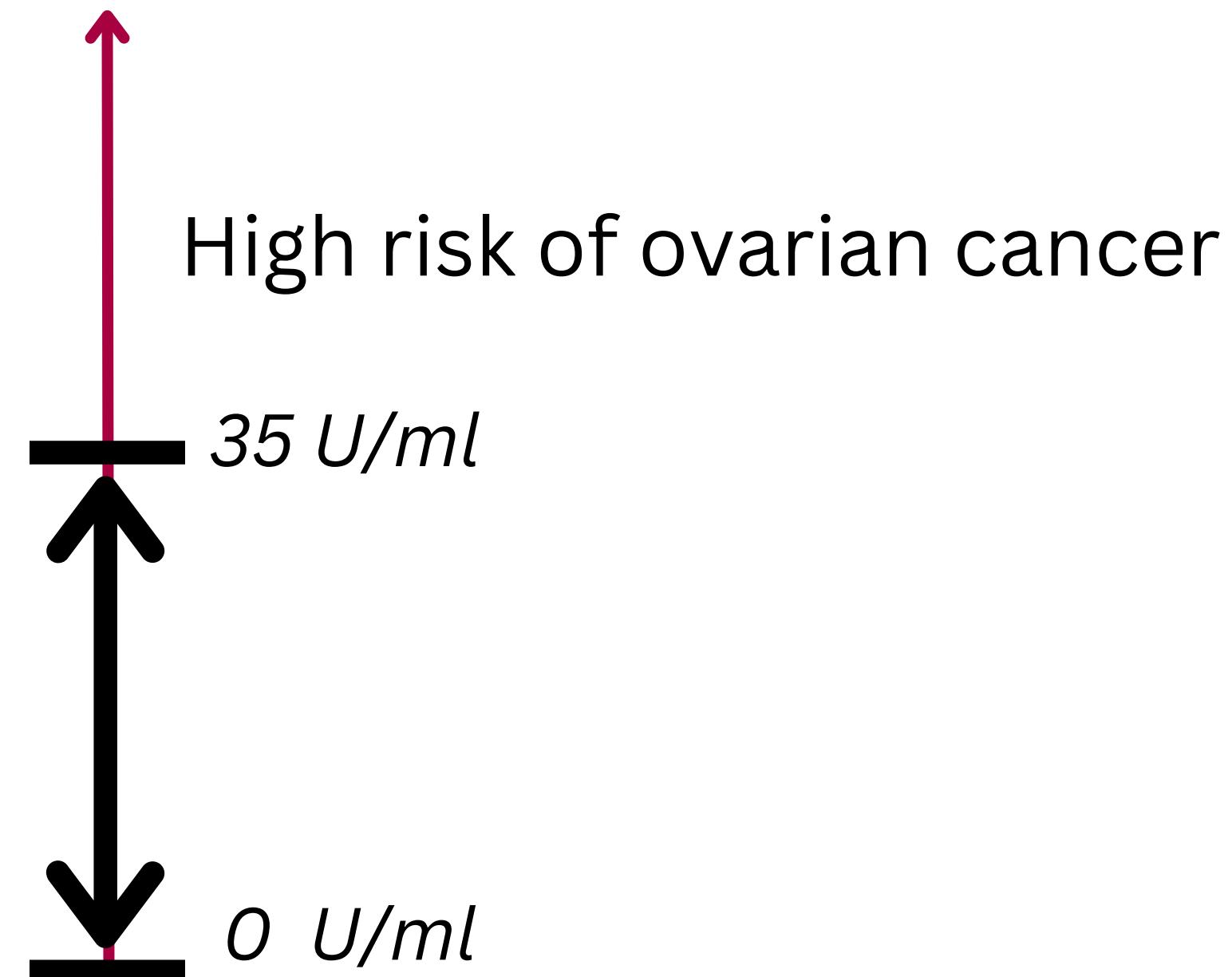
can any of this be useful?

CA-125

CA-125



CA-125



CA-125

Table 2.

Comparison of the Performance of the PEB and ST Rules at Various Positivity Thresholds by Using Blood Samples Collected From Case Participants (n = 44)

Screening-Rule Threshold	No. of Cases Detected by Either the PEB or ST Rule That Were Detected Earlier, Later, or at the Same Screen by the PEB Rule Compared With the ST Rule						Difference in Years Between PEB- and ST-Positive Screens or Clinical Diagnosis Among Discordant Cases [*]				Average CA125 Value at Time of First Positive-PEB Screen
	ST CA125 (U/mL)	PEB z Score	Actual Specificity (%)	Earlier	Same	Later	Mean	Median	Max	Min	
				Earlier	Same	Later	Mean	Median	Max	Min	
35	2.8	99.1	99.1	9 [†]	23	0	0.9	0.93	1.29	0.12	20.1
30	2.23	98.2	98.2	12 [†]	23	0	0.93	0.93	2.1	0.12	18.9
25	1.69	95.8	95.8	16 [†]	19	0	1.06	1.09	2.1	0.12	17.4
20	1.25	90.4	90.4	15 [‡]	22	1	1.59	1.31	3.42	-0.08 [‡]	16

Abbreviations: Max, maximum; Min, minimum; PEB, parametric empirical Bayes; ST, single threshold.

*Discordant case was defined as a case identified earlier in time or missed by one of the decision rules.

[†]All tests were significant(McNemar test). P values from top to bottom were < .008, < .001, < .001, and < .002, respectively

[‡]Negative value reflects a case when the ST rule turned positive before to PEB.

[Drescher et al. 2013]

CA-125

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The **directional change** is more important than the use of general population threshold.

example:

What is a normal body temperature

The **directional change** is more important than the use of general population threshold.

example:

What is a normal body temperature

*- a range of: 33.2–38.2 °C (91.8–100.8 °F) **

* [Sund-Levander 2002]

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What is a normal body temperature

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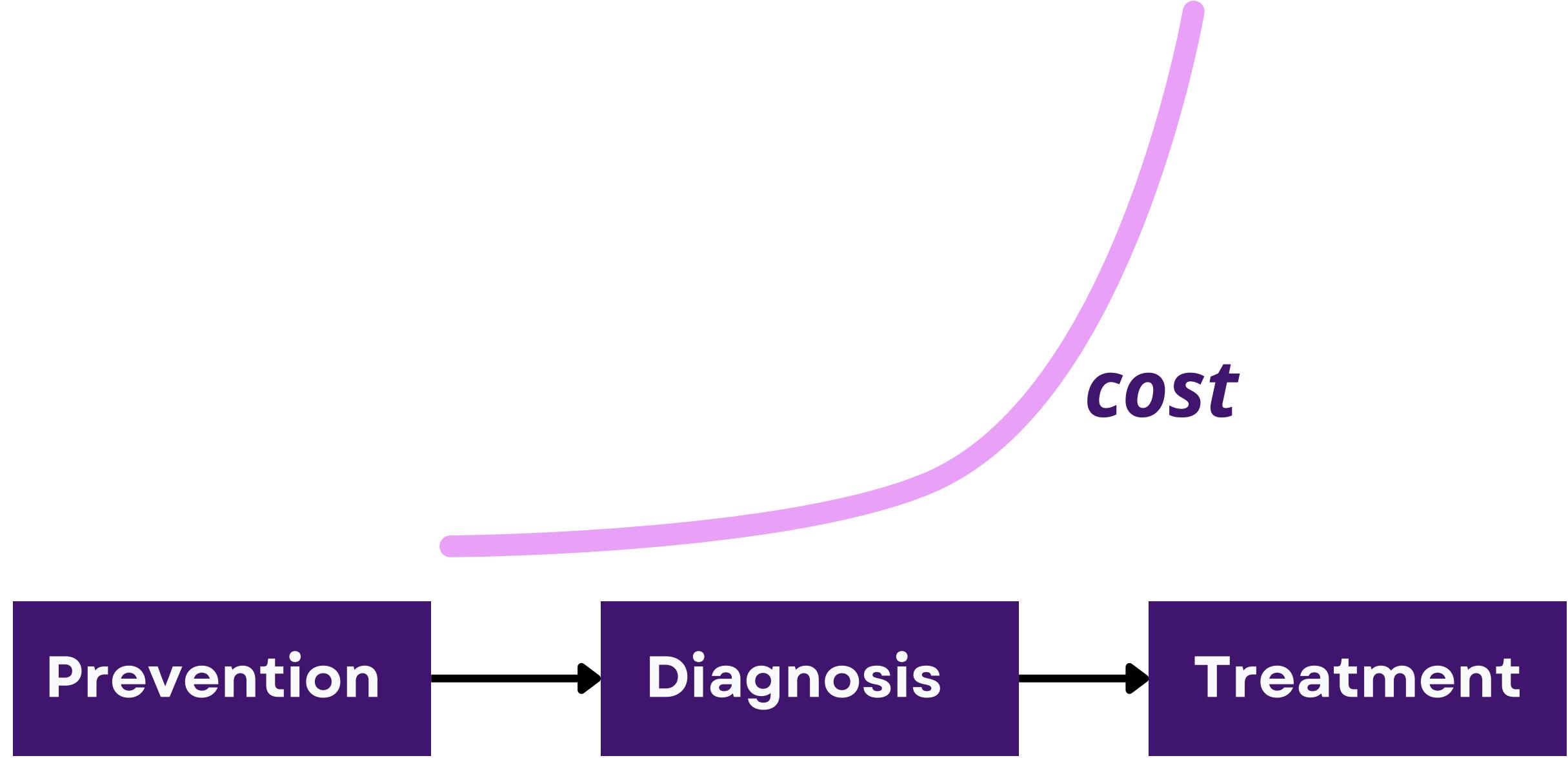
If your resting heart-rate goes from 35bpm to 65bpm

* [Sund-Levander 2002]

But measurements are expensive...







What is Biohackeri

What we are doing

How to get involved

Ongoing projects

Continuous Glucose Monitor (CGM)
som framtida folkhälsoverktyg



Region Uppsala

Ongoing projects

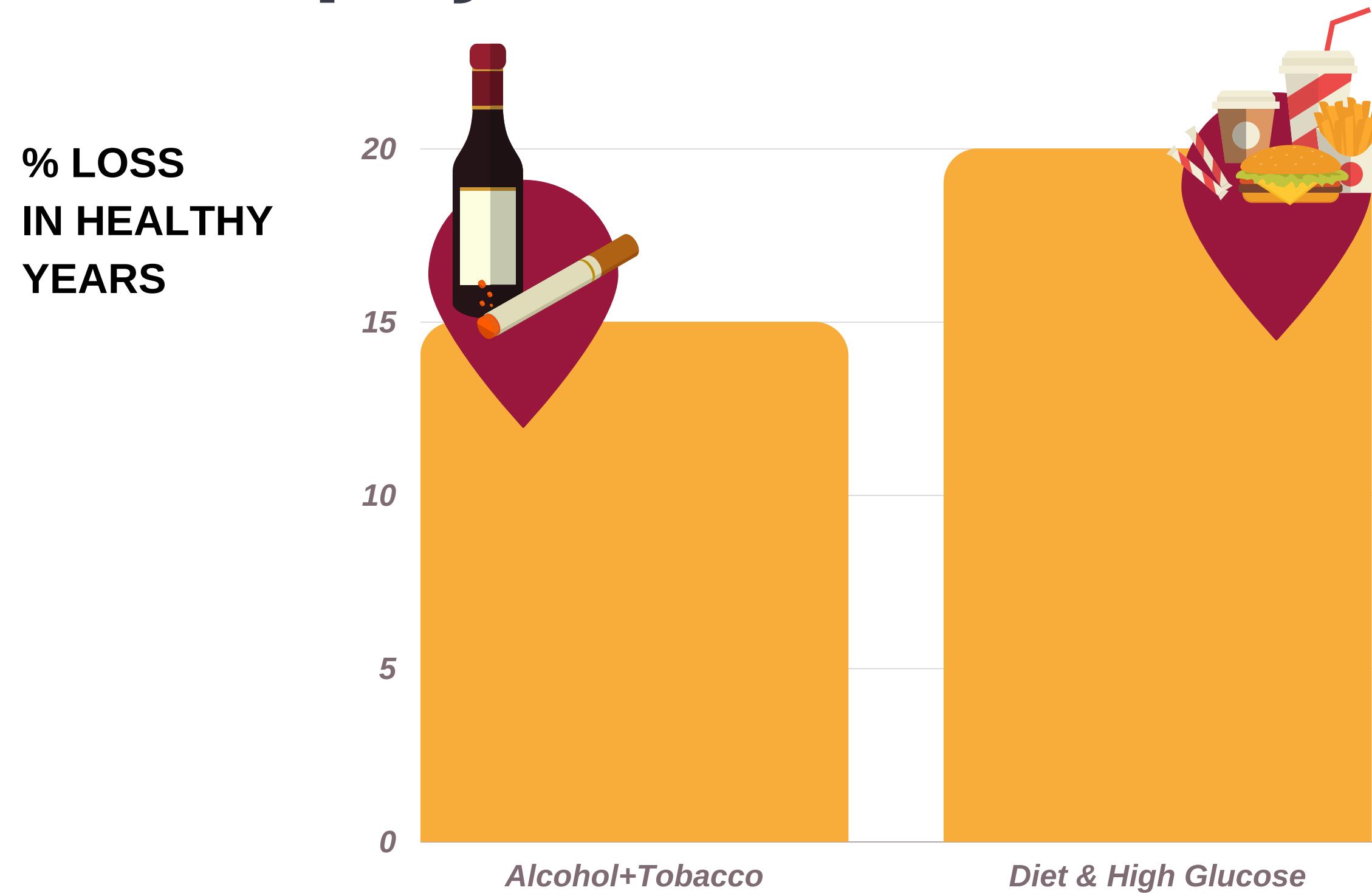
Continuous Glucose Monitor (CGM)
som framtida folkhälsoverktyg



Region Uppsala

*What's the 20% that impacts the 80%
of people's health?*

Goal of the project



"If more information was the answer,
then we'd all be billionaires with perfect abs."

_ Derek Sivers

A rise of using glucose monitoring among healthy individuals

“95% of the public are in favour of sharing their health data for research and health promotion purposes.”
_ Research Sweden's opinion poll 2019



- Verify that it can have an impact on the general population in Uppsala.
- Identify if, how and how often this tool can be used

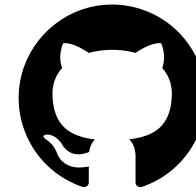
Ongoing projects

Continuous Glucose Monitor (CGM)
som framtida folkhälsoverktyg



Region Uppsala

Open source library ***glyco***



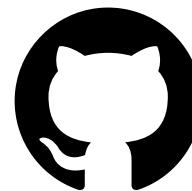
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som framtida folkhälsoverktyg

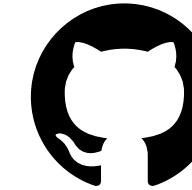


Region Uppsala

Open source library **glyco**



Awesome-experiments curated list of self-experiments
data and open citizen science data



How do I get involved?

How do I get involved?

biohackeri.com

updates

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biohackeri.com

ismail@biohackeri.com

contribute or participate

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events

THANK YOU

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