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## TIMETELLER — COMPANY OVERVIEW

TimeTeller® is a health technology company developing innovative diagnostics that measure an individual's circadian rhythm and translate this information into actionable health insights.

TimeTeller® began with a simple yet impactful question:

### **What if healthcare took the internal daily rhythms of the human body into account?**

For Prof. Dr. Angela Relógio, this question became the starting point for many years of research at Charité – Universitätsmedizin Berlin. Her work focused on understanding how the body's internal clock regulates gene activity and how circadian rhythms influence when diseases emerge and when treatments are most effective. One insight became increasingly clear: time is a critical, and largely underestimated, factor in medicine.

TimeTeller® was created to translate this scientific insight into practical applications for healthcare and research. The company develops innovative diagnostic technologies that measure an individual's circadian rhythm and transform this information into actionable health insights. The core technology builds on years of research in circadian biology and systems medicine of leading scientists, including the scientific work of Prof. Dr. Relógio and her research group investigating the molecular mechanisms of the human biological clock.

Supported by innovation programmes such as Charité's Inventors for Health (I4H) and the Berlin Institute of Health Digital Health Accelerator (DHA), the idea evolved from academic research into a tangible medical technology. With the addition of Dr. Benjamin Dose, who brought expertise in regulatory strategy and innovation management, the project gained the foundation needed to bring the technology into real-world application. Together, they founded TimeTeller® in 2023 as a spin-off from Charité.

TimeTeller's diagnostic approach combines a simple saliva-based test, molecular gene expression analysis, and computational modelling to determine the phase of a person's internal clock. Based on this information, personalised recommendations can be generated for daily activities such as sleep, nutrition, light exposure, and physical activity.

Beyond lifestyle optimisation, the technology opens new possibilities for chronomedicine. Because the efficacy and side effects of many treatments depend on the time of day they are administered, aligning therapies with a patient's circadian rhythm may improve effectiveness while reducing adverse effects.

TimeTeller has been awarded prestigious national and international prizes for its innovation among those the EIC mentoring program for women leadership, Women

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TechEU, top 3 of Deutscher Gründerpreis 2025, German Startup Award 2024, start2grow and science4life startup competitions, Health Innovation Award 2023, Gründungspreis+ by the German Federal Ministry for Economic Affairs. Partnerships with healthcare major players have been established, including the Techniker Krankenkasse (TK) and the diagnostics and oncology centre CeGat.

TimeTeller's vision is to establish circadian health as a standard component of preventive and personalised medicine, enabling a new generation of healthcare that works in harmony with the body's internal clock.

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## HOW TIMETELLER WORKS

TimeTeller® is an in-vitro diagnostic (IVD) designed to measure an individual's circadian rhythm and translate this information into personalised recommendations.

The test involves three main steps:

### **1. Sample collection**

Users collect saliva samples at several time points during the day using a simple test kit that can be used at home.

### **2. Molecular analysis**

The samples are analysed for gene expression patterns associated with the body's circadian clock. The activity of specific clock-controlled genes reflects the current phase of the internal biological rhythm.

### **3. Computational modelling**

TimeTeller uses mathematical models and AI computational analysis to reconstruct the individual circadian rhythm and determine optimal timing for physiological processes and medical interventions.

The resulting report provides personalised recommendations for:

- sleep timing
- meals and nutrition
- physical activity
- daylight exposure
- timing of medications or treatments

This approach transforms circadian biology into practical guidance for health optimisation and precision medicine.

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## **MISSION, VISION & IMPACT**

### **MISSION**

To make circadian health measurable and actionable by developing scientifically validated diagnostics that enable individuals and healthcare professionals to align daily life and medical treatment with the body's internal clock.

### **VISION**

TimeTeller aims to establish circadian medicine as a new standard in preventive and personalised healthcare, empowering millions of people to improve health outcomes and prevent disease by harnessing biological time.

### **IMPACT**

By integrating circadian rhythm diagnostics into healthcare and lifestyle decision-making, TimeTeller seeks to:

- improve treatment efficacy
- reduce therapy side effects
- enhance overall health and wellbeing
- support preventive medicine

## TIMETELLER — FACT SHEET

**Company name:** TimeTeller® GmbH

**Founded:** 2023 (spin-off from Charité research)

**Headquarters:** Hamburg, Germany

**Industry:** Digital health / diagnostics / circadian medicine

### Founders

- Prof. Dr. Angela Relógio – Co-Founder & CEO
- Dr. Benjamin Dose – Co-Founder & COO
- Charité – Universitätsmedizin Berlin

### Technology

- Saliva-based circadian rhythm diagnostic test
- Molecular gene expression analysis
- Computational AI and mathematical modelling

### Applications

- Personal health optimisation
- Chronotherapy (timing of medical treatments)
- Preventive healthcare
- Clinical research

### Origin

- Developed from academic research in circadian biology and systems medicine.