

Adrenal Fatigue Questionnaire

Y/N

1. Do you find it difficult to sleep? _____
2. Do you wake up at night time and find it difficult to get back to sleep _____
3. Would you describe yourself as a "night owl." _____
4. Do you find it difficult to unwind in the evening time? _____
5. Do you often get a second wind if you stay up past 11pm? _____
6. Do you find it difficult to get going in the morning? _____
7. Do you depend on caffeine or other stimulants for energy? _____
8. Do you comfort eat? _____
9. Do you crave foods high in fat and sugar? _____
10. Do you crave salt? _____
11. Do you often skip meals? _____
12. Do you eat a lot of fruit? _____
13. Are you easily fatigued? _____
14. Do you experience a 3pm slump? _____
12. Do you get dizzy if you don't eat regularly? _____
15. Do you find you have a short fuse? _____
17. Do you store weight around the middle? _____
18. Do you suffer from bad PMS symptoms? _____
19. Do you experience unexplained crying spells? _____
20. Do you catch infections easily? _____
21. Do you feel unwell for a large percentage of the time? _____
22. Have you taken long term or intense steroid therapy (corticosteroids)? _____
23. Do you work long hours with little play or relaxation time? _____
24. Do you get overwhelmed easily? _____
25. Do you get lightheaded when rising rapidly from a sitting or lying position _____
26. Do you suffer from low blood pressure? _____
27. Do you suffer from digestive disorders of known or unknown origin? _____
28. Do you have any food sensitivities? _____
29. Have you been diagnosed with diabetes or pre-diabetes? _____
30. Do you have one or more other chronic illnesses or diseases? _____

***If you can relate to any of these symptoms you may benefit from a cortisol-balancing program**