

Do you feel tired all the time? Maybe you get plenty of sleep and just don't feel rested. Or maybe you have trouble sleeping. Low energy? Difficulty thinking or focusing? These are all symptoms of Adrenal Fatigue. Take our Adrenal Fatigue test and see how you score!

**Rate the following from 0 to 5, with 0 being no problem and 5 being a severe problem.**

1. \_\_\_ Difficulty getting up in the morning.
2. \_\_\_ Continuing fatigue, not relieved by sleep and rest
3. \_\_\_ Lethargy, lack of energy to do normal daily activities
4. \_\_\_ Sugar cravings
5. \_\_\_ Salt cravings
6. \_\_\_ Allergies
7. \_\_\_ Digestion problems
8. \_\_\_ Increased effort needed for everyday tasks
9. \_\_\_ Decreased interest in sex.
10. \_\_\_ Decreased ability to handle stress
11. \_\_\_ Increased time needed to recover from illness, injury or traumas
12. \_\_\_ Light-headed or dizzy when standing up quickly
13. \_\_\_ Low mood
14. \_\_\_ Less enjoyment or happiness with life.
15. \_\_\_ Increased PMS
16. \_\_\_ Symptoms worsen if meals are skipped or inadequate
17. \_\_\_ Thoughts are less focused, brain fog
18. \_\_\_ Memory is poorer
19. \_\_\_ Decreased tolerance for stress, noise, disorder
20. \_\_\_ Don't really wake up until after 10:00 am
21. \_\_\_ Afternoon low between 3:00pm and 4:00pm
22. \_\_\_ Feel better after supper
23. \_\_\_ Get a "second wind" in the evening, and stay up late
24. \_\_\_ Decreased ability to get things done – less productive
25. \_\_\_ Must keep moving---- "If I stop, I get tired."
26. \_\_\_ Feeling overwhelmed by all that needs to be done.
27. \_\_\_ It takes all my energy to do what needs to be done. There's none left over for anything or anyone else.

Total Score \_\_\_\_\_

A score of 20 – 40 suggests mild adrenal stress; 40 -70 suggests moderate adrenal fatigue; and over 70 suggests significant adrenal fatigue problems.

**\*\*\* The above information is for educational purposes only and is not meant to be diagnostic or prescriptive. For disease treatment please seek the advice of your medical doctor.**