



## ADRENAL FATIGUE QUESTIONNAIRE

If you're feeling tired, run down, or burned out, chances are you've probably heard of or be suffering with adrenal fatigue. It may be the source of your fatigue or constant exhaustion.

In today's fast paced and connected society, adrenal fatigue is an increasingly common diagnosis used to indicate depletion of the adrenal glands. Cortisol is a hormone released by the adrenals for use in the regulation of blood pressure. In response to stress, the adrenal glands release greater amounts of cortisol. Adrenal fatigue is thought to occur when the adrenals have become overtaxed by excess cortisol release and no longer produce levels of cortisol necessary for optimal body function.

**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. \_\_\_\_ Tired or 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; 41 -70 suggests moderate adrenal fatigue; and over 70 suggests significant adrenal fatigue problems.