



where weight loss is a science

UNDERLYING METABOLIC IMBALANCES: SLEEP

Directions: This questionnaire asks you to assess how you have been feeling during the past two months. This information will help us determine whether sleep is one of your underlying metabolic imbalances as well as how this changes as you progress with your program.

For each question, circle the number that best describes your symptoms:

0 = No or Rarely – You have never experienced the symptom or the symptom is familiar to you but you perceive it as insignificant.

1 = Occasionally – Symptom comes and goes and is linked in your mind to stress, diet, fatigue or some other identifiable trigger

4 = Often – Symptom occurs 2-3 times per week and /or with a frequency that bothers you enough that you would like to do something about it

8 = Frequently – Symptom occurs 4 or more times per week and/or you are aware of the symptom every day, or it occurs with regularly on a monthly or cyclical basis

Some questions require a YES or NO response: 0 = NO, 8 = YES

| | | | | |
|---|---|---|---|---|
| 1. Take longer than 15 minutes to fall asleep | 0 | 1 | 4 | 8 |
| 2. Have trouble falling asleep at night or waking up during the night | 0 | 1 | 4 | 8 |
| 3. Difficulty waking up in the morning | 0 | 1 | 4 | 8 |
| 4. Sleep less than 8-9 hours a night | 0 | 1 | 4 | 8 |
| 5. Wake up more than once during the night | 0 | 1 | 4 | 8 |
| 6. Wake up feeling tired | 0 | 1 | 4 | 8 |
| 7. Go to bed later than 11 PM | 0 | 1 | 4 | 8 |
| 8. Need to nap or feel the need to nap during the day | 0 | 1 | 4 | 8 |
| 9. Use medications (over the counter or prescription) or supplements | 0 | 1 | 4 | 8 |
| 10. Work odd hours, change shifts often or work nights | 0 | 1 | 4 | 8 |

TOTAL POINTS _____

If your total score is greater than 18, Sleep is likely one of your top UMIs.

In addition, even if your score is not greater than 18, Sleep is likely one of your UMIs if one or more of the following key questions is an 8: key questions are 4, 6 and 9.