

## Adrenal Stress Profile Questionnaire

Assign a number between 0 and 5 {0= Not true, 3= Somewhat true, 5= Very true} to each of the questions below and then tally the score to interpret your findings.

	Question	Rating (0-5)
1	I experience problems falling asleep.	
2	I experience problems staying asleep.	
3	I frequently experience a second wind (high energy) late at night.	
4	I have energy highs and lows throughout the day.	
5	I feel tired all the time.	
6	I need caffeine (coffee, tea, cola, etc.) to get going in the morning.	
7	I usually go to bed after 10 p.m.	
8	I frequently get fewer than 8 hours of sleep per night.	
9	I am easily fatigued.	
10	Things I used to enjoy seem like a chore lately.	
11	My sex drive is lower than it used to be.	
12	I suffer from depression, or have recently been experiencing depression such as sadness or loss of motivation.	
13	If I skip meals I feel low energy or foggy and disoriented.	
14	My ability to handle stress has decreased.	
15	I find that I am easily irritated or upset.	
16	I have had one or more major stressful events (i.e. divorce, death of a loved one, job loss, new baby, new job).	
17	I tend to overwork with little time for play or relaxation for extended periods of time.	
18	I crave sweets.	
19	I frequently skip meals or eat sporadically.	
20	I am experiencing increased physical complaints such as muscle aches, headaches or more frequent illnesses.	
	<b>Total</b>	

### Scoring and Interpretation:

**0-29:** Your adrenals are likely in good health

**30-39:** You are under some stress

**40-49:** You are a candidate for adrenal burnout

*{If you have a score greater than or equal to 40, you may experience fatigue, weight gain, insomnia, irritability or mood swings currently or in the future if the adrenal insufficiency is not addressed.}*

**50-59:** You likely have adrenal burnout

**60+:** You are likely suffering from severe adrenal burnout and need help urgently to prevent progression of adrenal exhaustion and the adverse health effects that result.