

INSOMNIA INDICATORS

#1 CORTISOL

EXCESS

1. High level of stress?
2. Hyper Awake
3. Shallow sleep
4. Fragmented sleep
5. Unrestful sleep

DEFICIENCY

6. Awake at 2-3 AM
7. Sleepy at 2-3 PM
8. Tired all the time

#2 NEUROTRANSMITTERS

SEROTONIN DEFICIENCY

9. Crave Sweets
10. Crave Starches , bread, potato chips
11. Feel better after eating starches
12. Depression
13. Panic attacks, worry
14. Anxiety
15. Obsessive thoughts
16. Suicide
17. More common in women

SEX HORMONES

- 18 Menopause
- 19 Andropause
20. Adrenal Insufficiency Stress Syndrome

DOPAMINE IMBALANCE

21. Lack of REM Sleep
22. hard to focus
23. easily bored
24. ADD/ ADHD
25. Crave caffeine
26. Caffeine makes them feel better
27. Depressive apathy

GABA - (gamma-aminobutyric acid) Deficiency

28. Anxiety
29. panic attacks
30. seizures
31. easily overwhelmed
37. burned out
38. hard to relax
39. Stiff or tense muscles

ENDORPHIN DEFICIENCY

40. Overly sensitive to pain
41. Chronic anxiety
42. Past addictions to codeine or opiates