

Test yourself for Melatonin Deficiency (Both Men & Women)

I look older than I am	
I have trouble falling asleep at night	
I wake up during the night	
... and I can't get back to sleep	
My mind is busy with anxious thoughts while I'm trying to fall asleep.	
My feet are too hot at night	
When I get up, I don't feel rested	
I feel like I'm living out-of-synch with the world, going to bed late and waking up late	
I can't tolerate jet lag	
I smoke, drink and/or use a beta-blocker or a sleep aid	

Your Score :

If you score ≥ 5 ; the its time for you to consult your doctor