

Test yourself for Melatonin Deficiency

	Signs and symptoms of Melatonin Deficiency	No Never	Little Rarely	Moderate Regularly	Much Often	Extreme Constant
1.	I look older than I am	0	1	2	3	4
2.	I have trouble falling asleep at night	0	1	2	3	4
3.	I wake up during the night	0	1	2	3	4
4.	... and I can't get back to sleep	0	1	2	3	4
5.	My mind is busy with anxious thoughts while I'm trying to fall asleep	0	1	2	3	4
6.	My feet are too hot at night	0	1	2	3	4
7.	When I get up, I don't feel rested	0	1	2	3	4
8.	I feel like I'm living out-of-synch with the world, going to bed late and waking up late	0	1	2	3	4
9.	I can't tolerate jet lag	0	1	2	3	4
10.	I smoke, drink and/or use a beta-blocker or a sleep aid	0	1	2	3	4
Total						
Overall total						
Score	10 or less	Satisfactory level				
	Between 10 and 20	Possible melatonin deficiency				
	21 or more	Probable melatonin deficiency				