

## **Symptoms of Abnormal Circadian Rhythms**

- Inability to fall asleep
- Inability to stay asleep
- Difficulty waking up in the morning (may turn to sugar, caffeine)
- Not feeling rested after sleep
- Not recovering from physical activity
- Drop of energy between 4-7 pm (may turn to sugar, caffeine)
- Unexplainable blood sugar symptoms
- Pain levels and/or headache episodes fluctuate in a diurnal pattern  
same time every day
- Fatigue or falling asleep while driving or sitting in a class or meeting