

HEALTH ANALYSIS

Secondary Causes of Hypersomnia/Fatigue

- Gastroesophageal Reflux Disease, A.K.A. GERD
- Nocturnal asthma
- Nocturia
 - ❖ Urinates > 2 times per night
- Pain
 - ❖ Acute, radicular, or chronic which is not adequately controlled
- Anxiety
- Panic attacks or nightmares
- Urge to move legs, A.K.A. Restless Leg Syndrome (RLS)

Screening Labs to Consider

- Thyroid Function Tests (TFTs)
- Complete Blood Count (CBC) test
- Basic Metabolic Panel (BMP) lab
- Ferritin levels

