



QUIZ: Determine the Core Issues Affecting Your Sleep

QUESTION:	YES	NO
1. I wake up to go to the bathroom during the night.		
2. I am energetic late at night.		
3. I have a hard time falling to sleep at night.		
4. I have a hard time waking up in the morning.		
5. I wake up tired in the morning.		
6. I am energetic when I wake up.		
7. I wake up at night for no apparent reason.		
8. If I wake up during the night, I have a hard time going back to sleep.		
9. I have disturbed dreams.		
10. I feel sluggish and fatigued in the morning.		
11. I have no trouble falling asleep at night.		

Interpretation:

QUESTION:	ORGAN/ SYSTEM
1, 2, 3, 6	Adrenals
2, 3, 4, 5	Liver
4, 5, 10, 11	Thyroid
7, 8	Pancreas
9	Fire?

Specific herbs feed specific organs and systems. Take away the guesswork about which herbs and/ or supplements are right for you, along with the proper dosages that your body prefers through a ZYTO Biocommunication scan!



Contact me today to schedule an appointment:
970-203-9540