

**Blood Sugar Questionnaire**

**Hypo**

- Dizziness / dimmed vision when standing up suddenly
- Strong craving for sweets and/or caffeine
- Sweets or alcohol relieve headaches
- Irritable if a meal is missed or delayed
- Hungry most of the time or in-between meals
- Constantly anxious, nervous, worrisome
- Frequently drowsy, impatient, moody
- Feel shaky, weak or fatigued before meal
- Feel calmer and better after eating

**Hyper**

- Unusually thirsty
- Poor or deteriorating eyesight
- Night sweats
- Itchy skin, boils or leg sores
- Decreased resistance to infection
- Slow healing cuts and wounds
- Fatigue, mental confusion
- Excessive appetite
- Eating sweets does not alleviate cravings
- Easily fatigued with a little exercise