



When Sleep or Anxiety Needs More Support™

Use these signs to decide when it may be time to speak with a qualified healthcare professional.



SLEEP DESERVES A CONVERSATION

- ☐ Sleep problems continue for weeks or affect daily life.
- ☐ You regularly struggle to stay awake during the day.
- ☐ You snore loudly, gasp, choke or stop breathing during sleep.
- ☐ Leg discomfort or movement repeatedly interrupts sleep.



ANXIETY DESERVES A CONVERSATION

- ☐ Worry feels difficult to control.
- ☐ Anxiety is affecting sleep, work, relationships or daily activities.
- ☐ Panic-like episodes are new, frequent or worsening.
- ☐ You are avoiding more situations because of fear.



OTHER CLUES TO MENTION

- ☐ Symptoms began after a medication or supplement change.
- ☐ Palpitations, pain, reflux, hot flashes or bathroom trips wake you.
- ☐ Mood, memory or energy has changed noticeably.
- ☐ You are using alcohol or sleep aids more often.



BRING TO YOUR APPOINTMENT

- ☐ A brief symptom timeline.
- ☐ Your sleep or anxiety pattern tracker.
- ☐ Medication and supplement list.
- ☐ Questions and the changes you have already tried.



GET URGENT HELP

Seek urgent care for severe chest pain, fainting, major breathing difficulty, sudden confusion or thoughts of harming yourself or someone else.



GENTLE REMINDER

Asking for support is a practical next step when symptoms persist, worsen or interfere with your life.



Martine's Midlife Wellness Tip

Write down your top three concerns before the appointment so the most important details do not get lost.