

DIRECTIONS TO PATIENT:

- Do not take supplements for 5-7 days before blood testing
- Carry on taking medications or essential supplements
- Resume supplements after the blood drawer has been completed

Dear Doctor,

My name is Dr Janelle Sinclair (PhD) and I am a biochemist and functional medicine practitioner. I specialize in the area of mental health from a biochemical perspective; specifically providing patients with advice on natural supplements, diets and lifestyle interventions. I am a researcher, health practitioner and author. I have a PhD in biochemistry, a Postgraduate Certificate in Mental Health and 15 years experience in functional medicine.

Your patient is currently doing an online course with me to help improve their sleep which includes educating them on bedroom environment and lighting, dietary choices and habits, medications that may affect their sleep as well as deficiencies that may impact sleep and energy.

Testing to rule out common nutritional and hormonal imbalances involved in poor sleep and fatigue:

I have suggested to your patient to ask you as her/his primary caregiver to test for certain nutritional and hormonal imbalances that can contribute to poor sleep and fatigue. I think that it is prudent to rule out these physical imbalances. Ensuring key nutrients are in adequate levels will improve her/his energy levels, mood and resilience. If you have already recently ordered these blood tests or they are unavailable in your country, please disregard the request and accept my apologies.

The tests that I have suggested to be discussed with you are the following:

- Iron, ferritin, vitamin B12 & folate- for good energy levels and to rule out a deficiency in restless legs syndrome
- Vitamin D- a deficiency can lead to insomnia
- General chem (including sodium & potassium)
- Thyroid (TSH, T4, T3, Thyroid Antibodies)- to rule out hyperthyroidism
- For Males: Testosterone (total testosterone, free testosterone, SHBG)- for males with sleep apnoea

Testing for Sleep Apnoea

If your patient is overweight, has high blood pressure, a large neck, constricted airways or any other risk factors for sleep apnoea, would you also consider referring them for sleep apnoea studies if you deem it appropriate?

I thank you for your time and consideration to these matters.

Sincerely,



Janelle Sinclair, PhD
Biochemist and Functional Medicine Practitioner
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