

HPA-D Etiology Action Steps

1. Discuss a couple concepts from this week about the importance of light exposure in regulating the circadian rhythm with a patient, a colleague, a friend, or a family member.
2. One important take away from this week was the fact that you cannot supplement your way out of HPA axis dysfunction. Practice discussing this with examples from this week with a patient, a colleague, a friend, or a family member.
3. Caffeine: Try to make it a point this week to ask your patients about caffeine consumption. Did you find any that are drinking caffeine after 6 p.m., and could it be contributing to HPA axis or sleep disruption? Discuss what you found in the ADAPT Discussion Forum.
4. Take a look at the chart by Dr. Guilliams with the four categories of stressors that lead to chronic HPA axis dysregulation. Post one thing you learned or a question that you had about this weeks content in the ADAPT Discussion Forum.