# SIGNS YOUR CORTISOL MIGHT BE HIGH

HERE ARE SOME RED FLAGS TO LOOK OUT FOR:

1. You wake up tired, even after 7–8 hours of sleep
2. You get wired at night and can't fall asleep easily
3. You hold fat around your midsection
4. You feel drained or moody without knowing why
5. You crave sugar, caffeine, or salty snacks daily
6. You struggle to recover from workouts