

VLF QUESTIONNAIRE

Use these questions when VLF% is elevated

A high VLF may reflect stress on slow, integrated regulatory and recovery systems. These questions help identify potential contributors.



HIGH VLF = A CLUE, NOT A DIAGNOSIS

A high VLF suggests the body's slow, integrated recovery and adaptation systems may be under strain.

These questions help you find out why.



1. STRESS & EMOTIONAL LOAD

- ☐ Do you feel overwhelmed or "stressed out" most days?
- ☐ Do you worry constantly or feel anxious?
- ☐ Have you experienced trauma (recent or past)?
- ☐ Do you feel emotionally numb or disconnected?
- ☐ Do you have symptoms of burnout?
- ☐ Do you feel a sense of purpose and fulfillment?
- ☐ How would you rate your current stress level (0–10)?



2. SLEEP & RECOVERY

- ☐ Do you have trouble falling asleep?
- ☐ Do you wake up during the night?
- ☐ Do you wake up feeling unrefreshed?
- ☐ Do you snore or stop breathing during sleep?
- ☐ Do you work night shifts or rotating shifts?
- ☐ How many hours of sleep do you typically get per night?

- ☐ Do you feel tired or fatigued during the day?



3. INFLAMMATION & PHYSICAL HEALTH

- ☐ Do you have chronic pain, aches, or stiffness?
- ☐ Do you have arthritis or autoimmune conditions?
- ☐ Have you had Long COVID or post-viral symptoms?
- ☐ Do you get frequent infections?
- ☐ Do you have digestive issues (IBS, bloating, heartburn, etc.)?
- ☐ Have you been told you have elevated inflammation (e.g., CRP)?
- ☐ Do you have unexplained fatigue?



4. LIFESTYLE & BEHAVIORS

- ☐ Do you exercise intensely without adequate recovery?
- ☐ Do you have little time for rest or relaxation?
- ☐ Do you consume excessive caffeine (e.g., >2–3 cups of coffee/day)?
- ☐ Do you drink alcohol regularly?
- ☐ How would you rate your diet quality?
(Poor / Fair / Good / Excellent)
- ☐ Do you spend a lot of time on screens?
- ☐ Do you get regular sunlight exposure?



5. LIFE CONTEXT & OTHER FACTORS

- ☐ Do you have significant financial stress?
- ☐ Do you have a strong support system?
- ☐ Have you experienced recent major life changes or losses?
- ☐ Do you feel safe in your environment?
- ☐ Do you have exposure to environmental toxins (mold, chemicals, etc.)?
- ☐ Is there anything else you feel might be affecting your health?



HIGH VLF IS A SIGNAL: The body is calling for help in its slower regulatory and recovery systems. Use this information to guide your assessment, testing, and recovery plan.



Gather a full history, confirm with testing, and **support recovery.**

CONSIDER ADDITIONAL TESTING

WHEN VLF% IS ELEVATED

Use history and targeted testing to uncover root causes and guide a personalized recovery plan.



HIGH VLF = A CLUE, NOT A DIAGNOSIS.

These tests help you investigate what may be preventing recovery.

Order based on clinical suspicion.



1. SLEEP

- ☐ Sleep Study (Polysomnography)
- ☐ Overnight Oximetry
- ☐ CPAP compliance and effectiveness
- ☐ Actigraphy (when indicated)

Look for sleep quality, breathing disorders, and oxygenation issues.



2. BLOOD WORK

- ☐ hs-CRP
- ☐ Fasting Insulin
- ☐ HbA1c
- ☐ CBC
- ☐ CMP
- ☐ Lipid Panel
- ☐ Ferritin / Iron Studies
- ☐ Vitamin D
- ☐ Vitamin B12 / Folate
- ☐ Thyroid Panel (TSH, Free T3, Free T4, TPO)

Assess inflammation, metabolic health, nutrient status, and organ function.



3. HORMONES

- ☐ Cortisol (AM, PM or 4-point)
- ☐ DHEA-S
- ☐ Sex Hormones (Estrogen, Progesterone, Testosterone)
- ☐ Melatonin (when indicated)

Evaluate stress hormones and hormonal balance.



4. CARDIOVASCULAR

- ☐ Blood Pressure (sitting and standing)
- ☐ Pulse Pressure
- ☐ CRI (Cardiovascular Risk Index)
- ☐ Resting EKG (when indicated)
- ☐ Arterial Stiffness Assessment (when available)

Identify cardiovascular adaptation, arterial stiffness, cardiovascular reserve, and subclinical risk.



5. INFECTION / INFLAMMATION

- ☐ EBV Panel (if clinically suspected)
- ☐ Lyme Disease Panel (if clinically suspected)
- ☐ Gut Health Evaluation (GI-MAP, SIBO, Zonulin, etc.)
- ☐ Dental Evaluation (chronic infections)
- ☐ Autoimmune Markers (ANA, RF, Anti-CCP, etc.)
- ☐ Cytokine Panel (when indicated)

Detect hidden infections, gut dysfunction, and immune/inflammatory drivers.



6. CNS / EMOTIONAL HEALTH

- ☐ PTSD
- ☐ Anxiety
- ☐ Depression
- ☐ Trauma History
- ☐ Cognitive Changes
- ☐ Caregiver Burden
- ☐ Chronic Stress
- ☐ Mental Health Referral (if needed)

Address brain health, trauma, emotional load, and nervous system dysregulation.



REMEMBER: Test with purpose. Start with what is most relevant based on history and presentation. Not every test is needed for every patient. **The goal is to find what is preventing recovery.**



YOUR CLINICAL JUDGMENT IS KEY.

Combine these results with HQP™ and the full clinical picture.



BRAIN FIRST. CNS FIRST. EMOTIONAL LOAD FIRST.

VLF is often a window into what the **mind and body** are carrying.



High VLF is a clue, not a diagnosis.