

Insulin Resistance Checklist

You may be dealing with insulin resistance if you experience several of the following:

Blood Sugar & Energy

- Fatigue after meals
- Energy crashes or afternoon slump
- Strong sugar or carb cravings
- Shakiness or irritability when hungry
- Difficulty going long periods without eating

Weight & Body Composition

- Weight gain despite dieting
- Fat storage mainly in the belly
- Difficulty losing weight
- Rapid weight regain after dieting

Brain & Mood

- Brain fog
- Poor concentration
- Anxiety or mood swings
- Depression or low motivation

Hormones & Reproductive Health

- Irregular periods
- PMS or severe cramps
- PCOS diagnosis or symptoms
- Low testosterone (men or women)
- Infertility issues

Skin & Physical Signs

- Skin tags
- Dark patches of skin (neck, armpits – acanthosis nigricans)
- Acne or oily skin
- Hair thinning or excess facial hair (women)

Sleep & Stress

- Poor sleep quality

- Waking between 2–4 AM
- Sleep apnea or snoring
- High stress or burnout

 Lab Clues (often labeled “normal”)

- Fasting glucose over 90 mg/dL
- Fasting insulin over 8 μ IU/mL
- HbA1c \geq 5.5%
- Triglycerides elevated
- Low HDL (“good”) cholesterol

 Important Note

Checking 3 or more boxes may suggest early insulin resistance—even if labs are “normal.”