

True/False Quiz: Understanding Brain Fog

Question 1: Brain fog is a medically recognized condition with a specific diagnostic code.

Question 2: Memory issues and mental fatigue are common symptoms of brain fog.

Question 3: Chronic stress is one of the potential contributors to brain fog.

Question 4: Brain fog symptoms cannot be caused by nutritional deficiencies.

Question 5: Poor sleep hygiene can exacerbate brain fog symptoms.

Question 6: Aerobic exercise has no impact on improving brain fog symptoms.

Question 7: Digital detox strategies, such as reducing screen time, can help manage brain fog.

Question 8: Brain fog symptoms are often the result of an underlying health issue.

Question 9: A balanced diet has no role in managing brain fog.

Question 10: Depression and anxiety can be secondary symptoms of brain fog.