Differential & Workup (Rule-Outs + Baseline)

Targeted tests help exclude common mimics/contributors and establish baselines. Adapt to context and findings.

Baseline/Targeted Tests

- CBC, CMP, TSH/Free T4
- Ferritin/iron studies, B12, Folate, Vitamin D
- CRP/ESR; ANA if autoimmune features
- HbA1c; Lipids as indicated
- Morning cortisol if adrenal concern
- Sleep evaluation if symptoms suggest OSA/PLMD
- Orthostatic testing (lying/standing; consider tilt when appropriate)
- Additional tests driven by history/exam

Common Mimics to Rule Out

- Anemia/iron deficiency
- Thyroid disease
- Primary sleep disorders (OSA/PLMD)
- Major depressive disorder (without PEM), anxiety with hyperventilation
- Autonomic disorders including POTS variants
- Autoimmune disease
- Medication side-effects
- Endocrine/metabolic conditions
- Infection sequelae and other post-viral syndromes