# Intelligent Medicine Radio for February 7: “Cold Fatigue”

written by Dr. Ronald Hoffman | February 9, 2026

We’re all suffering from “cold fatigue”—how cold affects us, and how to alleviate it; “White noise” machines may be undermining your sleep; The pros and cons of afternoon naps; Can melatonin alleviate Irritable Bowel Syndrome? Water softening may hike cardio risk; Anthocyanins from foods or supplements can improve impaired glucose tolerance; And more!