# Q&A with Leyla: Getting Back to Sleep After Late Night Bathroom Break

written by Dr. Ronald Hoffman | October 15, 2026

Folic acid vs. methylfolate; “What do I take to get back to sleep when I wake at 2 AM to go to the bathroom?” Is DHEA safe despite family history of breast and uterine cancers? Stomach and bowel upset after completing a round of antibiotics 2 months ago; “I have IBS, but my doctor confirmed no gluten sensitivity, so why do I have symptoms when I eat wheat?” And more!