

Always Tired, But Getting Enough Sleep?

Description



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Feeling exhausted? There are some obvious reasons as to why you may be feeling this way such as not getting enough sleep or doing lots of physical activity. But what if youâ€™ve been sleeping enough

hours and not been doing too much physical activity? Why do you feel so tired all the time? This post explores some of the possible reasons as to why you may be suffering from fatigue.

Chronic stress

Stress can wear the body and mind down, making us feel exhausted. The stress hormone, cortisol, prepares our body for fight or flight situations – it makes our mind more alert, our muscles more tense and our blood pressure faster. You can prevent stress from wearing you down by finding a way to [relieve this stress](#). This could be through exercise, laughter, listening to music, taking a hot bath or meditating.

Too much processed sugar/caffeine

Both sugar and caffeine provide us with an energy boost. However, this energy boost is followed by a comedown, which can make us feel twice as tired as we did before. Eating some candy or downing a coffee may perk you up momentarily, but could make you feel worse after. You™re much better off downing a glass of water or eating fruit, which will provide a more gradual release of energy without the comedown.

Eye strain

Staring at a bright screen all day can give many people eye strain – which can result in sore eyes, a headache and increased feelings of tiredness. Periodically taking a break from bright screens can prevent this. Taking measures to reduce UV light from the screen can also make a difference – this could include wearing UV glasses or using software/apps that reduce the UV light.

Deficiencies

You may feel exhausted if you have low levels of iron, vitamin D or vitamin B-12. Low testosterone can also lead to exhaustion as detailed here at [Men™s Revival](#). It could be worth seeing a medical professional to diagnose if this is the problem – medication or treatment could be what you need to return your energy levels to normal.

Medical disorders

Certain medical disorders such as diabetes and thyroid disorder can cause increased tiredness. If you can™t seem to find another cause, it could be worth seeing a doctor to see if you may be suffering from one of these disorders. There will usually be other symptoms other than tiredness that can help a doctor to diagnose your problem.

Poor sleep quality

You may be sleeping enough hours, but are you getting a good sleep quality? If you constantly wake up in the night or have a lot of dreams, you may not be getting into a deep sleep. There are lots of possible causes for poor sleep quality. You may have a sleep disorder such as [sleep apnea](#) – if you tend to snore or gasp in the night and you sometimes wake up with a headache, this could be the problem. It™s also possible that your bed may not be comfortable, causing you to toss and turn. Too much light, too much noise or an uncomfortable room temperature could also cause poor sleep quality.

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