

Why Am I Always Tired?

Everyone has days when they can't seem to get started. But if you arrive at work tired and stay tired more than a few days a month, read on.

Getting a Good Night's Sleep

The most common cause of daytime tiredness is just what you'd expect—not enough sleep at night. Some experts believe that we are a nation of people who do not know how to sleep. If you frequently find yourself on the verge of nodding off at work, or if you actually do nod off, you probably need more sleep. While most people need to sleep seven to eight hours each night, needs vary, and you may be one of the ones who need nine or more hours.

If you know you need more sleep, but suffer from insomnia, try these insomnia-fighting tips:

- ◆ Go to bed at the same time each night, and get up at the same time each morning, whether you slept well or not.
- ◆ Avoid alcohol, caffeine and stimulants, especially after 4:00 PM. Try hot milk or herb tea at bedtime instead.
- ◆ Get plenty of exercise to relax you physically, but don't exercise within an hour of bedtime.
- ◆ Instead of reading or watching TV in bed, get up and do something until you feel sleepy.
- ◆ Avoid daytime naps.
- ◆ Except for short-term problems, avoid sleeping remedies. They are habit-forming.
- ◆ Is stress keeping you awake? Why not enroll in a stress-reduction program? Many companies offer them as part of their employee assistance program. Or check out local community service or recreation organizations.

You Deserve To Feel Good

Most cases of fatigue can be cured by getting plenty of sleep, regular exercise, nutritious food and by taking care of yourself emotionally: dealing with stress, depression or unresolved problems. If you have done all these things and are still tired, see your doctor for a thorough checkup. For a small percentage of people, chronic fatigue is a medical problem that needs a doctor's care.

Depression

A common cause of that tired feeling is depression. Many people suffer from some degree of depression at one time or another and often don't even realize they are depressed. Besides fatigue, symptoms of depression include:

- feelings of worthlessness or hopelessness,
- appetite or sleeping changes,
- anxiety or irritability,
- difficulty concentrating, or
- thoughts of suicide.

Depression can almost always be treated. If you think you are depressed, talk to your doctor or see your employee assistance counselor.

