

## Reasons for Feeling Tired

There are many reasons for feeling tired during the day, but sometimes we focus too much on poor sleep as the reason for why we are feeling this way. Focusing on sleep as the only cause of when you feel badly during the day puts more pressure on you to sleep. Feeling pressured to sleep makes falling asleep harder. Look at some of the other reasons why we may feel tired during the day and rate how likely is each of the reasons below to contribute to your tiredness.

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**Likelihood**

**0-100%**

**Reasons for Feeling Tired**

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Taking medications with tiredness/drowsiness as a side effect

---

Boredom

---

Not drinking enough water (i.e., dehydration)

---

Caffeine “crash”

---

Spending too much time in bed

---

Bad mood (grouchy, irritable, tense)

---

Diet (are you eating foods that make you feel drowsy or tired?)

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Stress

---

Depression

---

Pain

---

Anxiety

---

Doing “too little” physical activity during the day

---

Doing “too much” physical activity during the day

---

Being “out of shape” or overweight

---

Eyes are tired (e.g., staring at a computer screen or television for a long time)

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Constipation

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Low blood iron levels (i.e., anemia)

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Candida

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Infections

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Medical conditions such as hypothyroidism

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Post-lunch dip in body temperature

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Others:

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