

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.

Likelihood

0-100%

Reasons for Feeling Tired

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?)

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)

Constipation

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

Candida

Infections

Medical conditions such as hypothyroidism

Post-lunch dip in body temperature

Others:

Reprinted with permission from Carney CE, Manber R. Quiet Your Mind & Get to Sleep: Solutions for Insomnia in Those with Depression, Anxiety, or Chronic Pain. Oakland: New Harbinger; 2009

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.

Likelihood

0-100%

Reasons for Feeling Tired

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?)

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)

Constipation

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

Candida

Infections

Medical conditions such as hypothyroidism

Post-lunch dip in body temperature

Others:
