Aimee Duffy Md I Tired and Wired? Why You're So Exhausted and Can't Sleep Transcript

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Common Causes of Fatigue

I had a new patient last week and she literally, she found us because she was Googling, why am I so tired? That is such a common thing that we see in our practice.

Why are you so? Do you just hardly can get up in the morning or do okay in morning? We got to make sure everything gets done in After lunch, it's nap time.

You're finding I'm just so tired in the afternoon or we call it tired and wired. Man, all I think about all day long is when can I sleep next? Whether it is a nap or when is it bedtime?

But then when it time for bed, I am not quite ready to go to sleep. My brain is busy. That kind of thing. We see this all the time and from a medical perspective, we always want to make sure we're not missing something.

really concerning, an anemia or a cardiovascular issue. If your heart's not beating fast enough, we call that heart block. Usually happens in older people and your heartbeat is really low, like in the 40s or something like that, and that can cause a lot of fatigue.

Or you want some medication that may be causing some fatigue like a blood pressure medicine, something that.

Checking for Medical Issues

So we really want to make sure we're not missing something If those things check out, maybe you've been to your doctor and it's, I'm so tired, but they've done some labs, they done, some tests and says everything's normal.

You just need to get better sleep or you need eat better. Of course, those are important as well, But we dig a little bit deeper. So is this your thyroid?

And sometimes you can get a thyroid test that comes back normal and yet it may not be optimal. That's definitely something we want to look at. What is your Thyroid test actually look like?

What are the actual hormones doing? Do you have antibodies? But even if you're not in a place where you can get tested yet, what are some other things that may be causing fatigue?

Sleep is a huge one. I know it sounds overrated, like, of course we need to get better sleep. But if your chronically not sleeping, then you probably not going to have the energy that you need.

So can we go backwards a little bit and figure out how can make sleep a bit better? Are we eating too close to bedtime?

Sleep, Diet, and Blood Sugar

Are drinking too closed to bed time that may be having you wake up in the middle of the night to go to the bathroom? So back off on your fluids a little bit, back up on sugar.

Are sitting around eating snacks before bed that maybe stimulating our blood sugar and not letting us get adequate sleep? Do we need to check out hormones?

Certainly a hormone dysfunction can affect sleep as well. So we want to look at sleep, and then we wanna look

your food. So if you're eating foods that make it hard on your body to do its job, that's gonna wear you out over time.

And you may not notice it right away, but over the time if we're food that are more stressful for our body, causing some inflammation and causing blood sugar issues.

If you experience I eat lunch and turn around an hour or two later, I'm so tired I've got to take a nap. What's that food that may be stressing out your system?

Raising your blood sugar initially and then dropping it. And so that low blood you might experience or that drop in bloodsugar one or two hours later can cause some fatigue as well in the afternoon.

So there's a lot of things that we can look at as to why you're so tired. Usually it's going to be a mixture of several things.

Supporting Energy and Daily Life

One thing that we see that causes your fatigue, it's several. And so what can we do? Let's take a look a little bit deeper, let's work on some nutritional things, some sleep things.

There's absolutely supplements that can look at to help support energy with adrenal support, that sort of stuff. A lot of people are B12 deficient. So you could start with just a B 12 under the tongue supplement and see if that doesn't help.

But if not the root cause, then it may not work as well as you're hoping to. There's so many things that we can look at. And what I want is for you to feel amazing.

I wanted you be able to get outside and do all the things you want to do. What are you trying to accomplish today? Doing housework. whatever, it's fine.

If that's something you enjoy doing, yay, go do that. if it something that you enjoyed because it is done and you can check it off your list and your house is clean and feel good, then yay.

But I don't want that to take up your whole life, right? So we want to have the energy so we can do the things we need to do. leftover energy for the things that we want to do.

I want be able to go shopping, I wanna be to enjoy my grandkids or my kids, and wanna go hiking, wanna get on a bike. A patient the other day that said she got her bike out of storage because she's having so much more energy that she is ready to start biking again.

Hope you have a fantastic, beautiful day and we will talk soon.