Why You Might Feel Exhausted

just sick and tired or being sick. And tired. I had a patient the other day that just said, she Googled, why am I so tired? Like, Why is everybody so retired all the time?

So we need to start thinking about what are the reasons why you might just absolutely feel exhausted.

Dehydration and Caffeine Fatigue

There's so many different things going on, but some common things and things that you can think about and do directly that can help you is, are you dehydrated?

Are you just not getting enough water? I see that all the time. People that are tired are drinking a lot of caffeine. So they have a cup of coffee and they get tired and then another cup coffee, and caffeine is really dehydrating.

It's a diuretic. Even though it may stimulate you for the moment, actually the withdrawal from caffeine can make you feel more tired. And then you're not giving the liquid, even though its a liquid it drains water from your body.

You need to make sure that you are getting lots of water. Another thing that you can think about, why are you so tired, is what are your eating?

Diet, Sugar, and Blood Sugar Crashes

Is the food that your putting into your mouth something that's going to fuel your body and give it the energy that it needs? Or is it something your that body has to go, wait a minute, what is this?

What do I need to do with this. Oh, it's draining your system. So anything that is full of chemicals, anything thats full sugar, carbohydrates, like breads, pasta, chips, cookies, crackers, all that kind of stuff will slow you down.

and it's gonna stimulate your blood sugar, increase your insulin, and have a blood-sugar drop later. So that can make you really tired as well. If you felt like you've slept, or maybe not slept well, but you wake up and you don't feel like you've rested well enough.

And there are some things going on at night that may be happening. So are you getting enough quantity of sleep?

Sleep Quantity and Sleep Hygiene

Are you working on the best sleep hygiene so that you get to bed at the right time and get enough sleep to last you for the next day? If you're not getting sleep because you are staying up too late or you waking up to early, then that absolutely can be an issue for you.

if you're not getting good quality sleep, right? So maybe because you are having those liquids at night, are you drinking a glass of wine or eating a bunch of sugar right before you go to bed, then that's going to stimulate your body in the middle of the night.

You can have some blood sugar fluctuations that wake you up at, you know, 12, 2 o'clock in morning, something like that.

Nighttime Wakeups and Stress

If you aren't drinking wine, or some alcohol to relax you in nighttime, then sometimes that will wake you up at three or four in the morning. And then if you have some adrenal dysfunction and lots of stress, sometimes, that's going to

wake up early, like four AM, five AM.

Something like that is your brain thinks it's time to get up and be chased by the tiger. Or if your just ready to go to sleep, you're tired and wired is what we call it.

So you are exhausted all day long, but then you can't lay down at night and actually fall asleep. That also can be a lot of stress related adrenal and working on some stress hygiene, maybe doing a meditation or a yoga nidra video before you go to sleep and help calm your brain down.

Other Causes and Getting Help

So those are all kinds of things. There's a billion other things we can look at as well. We can figure out what foods may be causing stress on your system.

Do you have a thyroid disorder or your hormones imbalance? There's all kinds of things that we can look at. So if you're exhausted, tired of being tired all the time and can't figure out why you are so tired, then click the link below and schedule a discovery call with our team.

Let's see if we. Can't help you.