# Why Are You So Tired?

## If you're walking around fatigued, you're not alone.

**Fatigue can be a symptom of several medical conditions,** including anemia, depression, seasonal affective disorder (SAD), underactive thyroid, infections, sleep apnea and heart disease. Contact your health care provider if you're consistently tired or have new, unexplained fatigue.

**However, ongoing fatigue is most often due to our everyday lifestyle.** Inadequate sleep is a leading cause — the CDC reports that 1 in 3 American adults is regularly sleep deprived. To boost your energy and health, get 7 to 9 hours of slumber nightly, or daily if you're working night shifts. Maintaining a consistent sleep routine — going to bed and getting up at the same times — is most helpful.

**Dehydration causes fatigue,** so drink adequate water throughout the day. **Note:** Coffee drinks can increase urination and dehydration.

**Skipping meals and eating sweets** to temporarily boost energy can lead to fatigue when the sugar's high wears off. Eat healthy, regular meals for steady energy.

**Feeling tired makes exercise seem unappealing,** but physical activity offers several benefits. It can lower stress and depression, strengthen muscles and promote sound sleep. If you're sedentary, increase physical activity slowly but consistently — and enjoy added energy.



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