

WHY ARE SO MANY PEOPLE *tired?*

We live in a fast-paced culture that values work and other achievements over taking care of ourselves, so many of us have lost sight of the importance of rest, down-time and adequate sleep.

The cause of fatigue can often be simple and traced to one or more of your habits or routines. Which ones of these relate to you?

Did you know?
The average person needs 7-8 hours sleep per night!

Poor sleep habits

Poor sleep quality – this is a big one for many people... try going to bed at approximately the same time every night, create a bedtime routine, go to bed when tired and create an optimal sleeping environment of darkness and silence.

Shift-work

Some people adjust well to shift work but for many people, working nights, trying to sleep during the day and then suddenly expecting our body to switch back to normal sleep-wake cycles again can be a real challenge.

Stress

Stress levels over a long period of time impact overall mood, mental well-being and energy. It's a vicious cycle, with chronic stress often resulting in other causes of fatigue, like inadequate sleep, reliance on 'pick me ups' such as coffee, poor diet and use of recreational or prescription drugs.

Poor food choices

Most of us know that food gives us energy, but did you also know that it can take it away? Meal composition, size and timing play an enormous role in determining how we feel from moment-to-moment across a day.

Chronic use of coffee, tea and other pick-me-ups

There's a flip-side to these pick-me-ups that can affect your energy and sleep. Try to avoid caffeine 3-4 hrs before bed.

Doing too much

It's true that sometimes people have unrealistic expectations of how much they should be able to fit in or do. Are you 'burning the candle at both ends'?

Recreational drugs

A lot of people self-medicate for sleeping problems. Ever find yourself drinking more alcohol when you're experiencing a stressful time at work. While some of these give the appearance of 'knocking you out' they mess with the natural sleep stages and contribute to fatigue.



Over 30% of Australians experience sleep problems and at some point in our lives all of us will be affected.