



AWARENESS

## 3 FACTORS THAT ARE OFTEN BEHIND EXHAUSTION

### 1. Not enough sleep

Lack of sleep is unsurprisingly one of the biggest causes of fatigue. Sometimes it's a result of poor quality sleep – tossing, turning, and just not getting enough. To combat this, you should avoid anything that could interfere with getting the recommended seven to eight hours of sleep per night, such as alcohol, caffeine, TV, and other electronics in the bedroom.

A Virgin Pulse study notes that worry and stress, as well as poor room temperature, too bright light, and noise were some of the biggest reasons that their participants didn't get enough sleep. While stress and worry can sometimes be unavoidable, prolonged anxiety can have a disruptive effect on your sleep and overall health. It is advisable to consult a doctor as you may have an underlying medical reason for it – such as general anxiety disorder.

### 2. Not eating a healthy diet

What you eat can have a major impact on your energy levels. Eat foods that keep your blood sugar stable, like vegetables and low GI unprocessed carbohydrates and avoiding refined carbohydrates that cause your blood sugar to spike.

Dr Jennifer Landa in *Prevention* magazine recommends eating regular, small meals to keep your energy levels stable. Avoid skipping meals as it may create stress in the body.

Make sure you're eating a healthy breakfast, lunch, and dinner and have a healthy snack like an apple or hummus with vegetables between meals if you feel hungry.

Similarly, deficiencies in essential vitamins and minerals can result in fatigue. Make sure you eat a balanced diet. Your doctor may recommend that you have a blood test to check whether you are deficient in any essential vitamins and minerals and will recommend a course of treatment.

### 3. Not exercising enough

It may sound counter-intuitive, but one of the best ways to get more energy is to exercise. The good news is regular, vigorous exercise on most days of the week will help you get more sleep, become healthier in general, reduce anxiety and control your blood sugar. As it is such an effective energy booster, it is recommended that you don't schedule exercise three hours before bedtime.