

# Sleeping a lot but still tired, going to work is not awake ... this is the recipe for you to overcome it

You often suffer from fatigue, not working properly, even though the night before you went to bed very early. If you are experiencing such conditions, this is the cause of that. And to overcome this tired feeling, please apply the following formula.

Starting with a new day in a tired, languid state when struggling to get out of bed is a really unpleasant thing for anyone.

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## The cause of fatigue, not alert?

### 1. Medical causes



If the night before you went to bed very early and got enough sleep, and still got tired the next morning, it is likely that your body is experiencing some health problems, which you need to save I mean.

1. Anemia: This is one of the important reasons for your fatigue to become severe.
2. Diabetes: A study has shown that having too much blood sugar will also lead to stress and discomfort in the person.

3. Signs of liver failure: Your body lacks too much thyroid hormone (throxine) that will also lead to exhaustion.
4. Dengue fever: Although the average haemorrhagic fever lasts for 6 weeks, fatigue will persist for several months afterwards.

## **2. Physical causes**



In addition to medical reasons, fatigue may stem from physical causes, which is something you should keep in mind.

1. Sleep Apnea: This interrupts your sleep because it shortens your breath at night. Signs of sleep apnea include restlessness during the night and frequent snoring.
2. Restlessness: Willis-Ekbom's disease, also known as restless leg syndrome, causes an irresistible urge to move your legs continuously. When the nervous system constantly fights with the thought of stopping, it causes inhibition that leads to mental stress.

## **3. Psychological causes**



Tiredness can also come from psychology, because psychosis can completely affect your sleep. Here are some reasons why .

1. Anxiety: An average of 1 in 20 people is affected by general anxiety disorder. Feeling unable to control anxious thoughts that are intermittent, even during night sleep.
2. Depression: The common symptom of depression is fatigue. Not only does it prevent you from falling asleep, it can also make you feel that no energy does anything.

#### **4. Due to my own lifestyle**



Doing some small lifestyle changes can improve your condition a lot. Maybe you will feel uncomfortable if .

1. You often drink beer, wine: Beer, alcohol makes you sleepy but will quickly wake you up in the middle of the night. To sleep better, try to reduce the amount of beer and alcohol you drink on a regular basis.
2. You have many habits: Working late, staying up late and not complying with your hours can all contribute to making your exhaustion last longer.

# Formula to combat fatigue in the morning?

Health experts have come up with a few suggestions:

1. Eat regularly, divide into many meals a day to ensure energy work.
2. Create exercise routines, regular physical activity.
3. Take a little more sleep.
4. Take a time of day to relax, be comfortable, or go see a health professional for advice.
5. Give up caffeine drinks completely.
6. Drink some alcoholic drinks.
7. Drink lots of water every day.

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