

# Why are you tired all day even after getting enough sleep?

Even if you go to bed early, enough 7-8 hours a day, you still feel tired. Why so?

When we are tired, we often try to get enough sleep in the hope that we will have a good health and comfort the next day. But even when you go to bed early, enough 7-8 hours a day, you still feel sleepy and tired. Why so?

1. 5 postures to reduce stress immediately in just 2 minutes
2. When tired, change your life in these 12 simple ways

The latest video of the regular science channel AsapSCIENCE on Youtube, will help you understand the cause of fatigue, even when we have enough sleep, from the habit of sedentary, unreasonable eating, abuse Use coffee . to mental illnesses such as anxiety disorders, depression or from your genes.

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