

Feeling Tired? Here are 5 Unspoken Reasons Why



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It's 7 a.m. You can hear the birds chirping outside your window, but still, you just don't feel like getting out of your bed. There's only one reason: you're too tired to face the day.

If you can relate your mornings with this one, chances are that you always feel tired throughout the day. Though fatigue can be a common symptom of various diseases, it's usually caused by some lifestyle factors. The good news is that you can take control by making some lifestyle changes.

Want to bounce back but aren't sure what exactly is stopping you from using your full potential?

Once you know about the unspoken reasons that might be draining your energy, you can take charge and make the most of your everyday activities.

Here are some of the unspoken reasons that might be playing a serious role in your tiredness:

1. Your Body Needs a Good Night's Sleep

Though it's evident that having seven to nine hours of sleep is a must for a healthy body, sleep deprivation isn't the only phenomenon to blame. Besides having inadequate sleep, you might be sleeping late which may disrupt the circadian rhythm of your body. This continuous sleeping habit may slowly cause chronic fatigue.

People working in night shifts are mostly the victim of this disturbed sleeping pattern. If you're one of those and cannot ask your employer to change your work shift hours, what you can do is retain your own body clock. Besides using the most comfortable mattress, sleeping in darkness will help you bring back the natural rhythm of your body.

2. You're Stuck in a Sedentary Lifestyle

Do you sit at your desk almost the entire workday? If yes, this could be the reason behind your tiredness. The same is true for people who love to spend their weekends sitting on their favorite couch. Though it's tempting to adapt to this lifestyle, the truth is that it's slowly ruining your health.

Boosting your energy levels just requires you to stand up and move a bit. You can also replace your sedentary behavior with some easy-to-implement activities. For instance, prefer working on a standing desk, taking the stairs whenever possible, and walking to the nearby grocery market instead of driving.

3. You're Dehydrated

If you have headaches, dizziness, or fatigue, chances are that your body is [dehydrated](#). Dehydration may lead to low energy levels due to which you feel tired and are unable to concentrate on your day-to-day tasks.

Increase the intake of water so you can easily replace the water lost through your urine, sweat, and stools. Though you must have heard about the "*eight glasses of water a day*" saying, your daily recommended amount of water intake depends on your age, gender, weight, and other lifestyle factors. The key is to drink enough fluids to maintain your hydration levels.

4. You're Stressed Out

Chronic stress doesn't only harm your quality of life, it drops your energy levels, thus making you feel tired and uninterested in achieving your goals.

Though stress is a normal reaction to an unfavorable situation, too much of it may cause fatigue in your body. Some stressful situations are uncontrollable. But adapting the right strategy for managing stress will help you stay calm without getting mentally and physically exhausted. One such strategy is to [exercise](#).

5. Protein-Rich Food Is Missing on Your Plate

Perhaps, you feel good about having five servings of fruits a day. Though that's a healthy way to start your day, there's still something your body requires the most: protein.

Protein is said to boost the metabolism of your body faster than fat or carbs. It's also linked with preventing tiredness. You can combat fatigue by adding protein-rich foods to your diet. Go for oats, almonds, lean beef, fish, lentils, and milk.

The Takeaway

Besides consulting your doctor, you should ask yourself if you can relate to even a few of the reasons mentioned above. If you do, you should work on eliminating them from your life. Of course, you don't have to work on bringing drastic changes in to your life. But you can definitely think about some lifestyle changes and see if it works in increasing your energy levels.

