

Other Reasons for Feeling Tired

There are many reasons for feeling tired during the day, but sometimes we focus too much on poor sleep as the reason for why we are feeling this way. Focusing on sleep as the only cause of when you feel badly during the day puts more pressure on you to sleep. Feeling pressured to sleep makes falling asleep harder. Look at the other reasons why we feel tired during the day and rate how likely some of the reasons below are causing for *some* of your tiredness.

Likelihood	Reasons for Feeling Tired
0-100%	Taking medications with tiredness/drowsiness as a side effect
	Boredom
	Not drinking enough water (i.e., dehydration)
	Caffeine “crash”
	Spending too much time in bed
	Bad mood (grouchy, irritable, tense)
	Diet (are you eating foods that make you feel drowsy or tired?)
	Stress
	Depression
	Pain
	Anxiety
	Doing “too little” physical activity during the day
	Doing “too much” physical activity during the day
	Being “out of shape” or overweight
	Eyes are tired (e.g., staring at a computer screen or television for a long time)
	Constipation
	Low blood iron levels (i.e., anemia)
	Candida
	Infections
	Medical conditions such as hypothyroidism
	Post-lunch dip in body temperature
	Others: