



Why Am I Always Tired?



Overview

Feeling tired all the time is different from occasionally overdoing it. It's unrelenting. Even after a full night's rest, you feel unrefreshed. Your tiredness drains you. You can't focus. Why do you feel this way? And how can you get help?

See your doctor

First, know that this isn't normal. It's not something you should ignore, because it could be a sign of a serious problem. You need to see your doctor to find the cause.

Medical issues

Your tiredness could be linked to a medical issue. Anemia, diabetes, or heart disease can cause it. You could have a problem with your thyroid, liver or kidneys. You could have a concussion, sleep apnea or chronic fatigue syndrome. Tiredness can even be linked to cancer. Your doctor can test you to find out if something is wrong.

Emotional stress

Excessive tiredness can also be caused by emotional stress. Have you had any major life changes recently? Are you worried about your job, or are you fighting with your partner? Do you have depression or anxiety? These are all things to discuss with your doctor.

Conclusion

And finally, know when to get emergency help. If you are having thoughts of harming yourself or others, get help. If you are having severe headache or pain in your chest, abdomen, back or pelvic region, get help. If you are having shortness of breath, an irregular heartbeat or a feeling that you may pass out, get help. And get help if you have any signs of abnormal bleeding. Talk to your doctor for more information.

