

Feeling tired? Check out these tips

Tiredness comes in many forms. Feeling sluggish, sleepy at all hours or even “blah” are common. It’s tough to slog through the day in a groggy haze — especially when you have so much to do. Getting to the root of your slump will help you keep going even on your most hectic days. You may even find that a jolt of caffeine isn’t necessary.



Photos courtesy iStockphoto: Woman yawning, AntonioGuillem; shoes, Arturofoto

Quick tips on tiredness:

1 Make sure that you’re going to bed early enough that you get a full night’s rest. Create a soothing sleep environment with a dark, quiet room free of lights, sounds and other distractions.



2 Pep up with a quick break. Take a short walk around the block or office. Get up to use the restroom or splash some water on your face. Do a simple stretch.

3 Check your diet. Sugar and caffeine can make you crash. Keep a healthy snack stash at your desk or in your bag so that you always have easy access to nutritious, energizing food.

4 Exercise can make a big difference. Taking even a few minutes to move your body is a boost for your mood and overall health. Make some time to exercise each day to prevent tiredness in the first place.

5 In some cases, your tiredness could be caused by a medical problem. Talk to your doctor to be sure.



>> For tips for better sleep, see www.cdc.gov/sleep