



6 Signs your EXHAUSTED... not just Tired!



If you stifle yawns in 2 p.m. meetings and find yourself passed out cold during the previews on movie nights, you probably already know you're run down. But there's a big difference between being pooped out and being *exhausted* — and the signs aren't as obvious as just feeling tired. It's important to know the difference, because exhaustion can be downright dangerous!!

Sleep is one of the most under-appreciated facets of health & the consequences of sacrificing it can ripple throughout various areas of your life. Exhaustion has been linked to issues with appetite regulation, heart disease, increased inflammation, and a 50% increase in your risk of viral infection.

So if you're tired *and* you're experiencing any of the symptoms below, it might mean you're exhausted — and it's time to devote some serious time to sleep, ASAP

Watch for these Clues

Your Lips Are Dry - If your lips are cracked, your skin is scaly, and you're suffering from frequent headaches, dehydration may be to blame. Yes, this is a common woe in cold-weather climates. But, if you're feeling rundown, you should know it goes hand-in-hand with exhaustion. "You feel more fatigued the more dehydrated you are.

Your Mind Is All Fuzzy - Your brain needs sleep like a car needs gas; neither runs very well on empty. "Among other things, your body uses sleep to stabilize chemical imbalances, to refresh areas of the brain that control mood and behavior, and to process the memories and knowledge that you gathered throughout the day

Your Workouts Have Sucked - Not crushing it at the gym like you usually do? Being exhausted causes every aspect of your life to suffer — including exercise - If your brain is falling behind because you are not well-rested, your ability to properly challenge your body will be limited

You're Super Stressed (and Trying to Ignore It) - It's no surprise that stress can keep you up at night, but the way you deal with it is what might cause exhaustion-inducing insomnia.

You're Eating More Junk Than Usual - Find yourself hitting up the office vending machine on the regular? "The more exhausted you are, the more you crave high-fat, high-carbohydrate foods. To decrease cortisol, your brain will often seek out a hit of the neurotransmitter serotonin (the calming hormone).

You Sleep Poorly Even Once a Week - You probably know that chronic insomnia can trigger exhaustion. But did you know that even a single night of interrupted sleep could screw you up the next day!! Or, maybe instead of dealing with interrupted sleep, you just go to bed way later than you should?? Decrease stimulation 30 minutes before you plan to sleep by shutting off cellphones, televisions, and other devices.

SIGNS & SYMPTOMS

Emotional Effects

Exhaustion, due either to extreme physical exertion or extended sleeplessness, affects your ability to communicate and interact with others. You may experience irritability, memory loss, difficulty speaking and depression. Depression can also be a cause of insomnia, which leads to further exhaustion and exhaustion-related problems.

Cognitive Effects

Deprived of adequate rest, your mind has difficulty functioning normally. You may also experience dizziness, blurred vision or mild hallucinations. These problems can affect your spatial perceptions and prevent you from executing tasks that require even nominal levels of dexterity or eye-hand coordination.

Observable Physical Effects

When you are overly tired, your body's systems begin to act in unusual ways. This can lead to nausea or tremors, which further complicate the difficulties presented by the cognitive effects of exhaustion. If you experience long-term exhaustion, dramatic weight loss or weight gain can occur.

The Unseen Effects of Being Overly Tired

Two common health conditions related to chronic fatigue are hypertension and heart disease. Because of the seriousness of these conditions, you should seek the advice of a medical professional if you are affected by fatigue, exhaustion or sleeplessness in other observable ways

