

# Ask 'Doctor D'....

## *about Tiredness*



Ask 'Doctor D' is your opportunity to put questions people often want answers to, but don't like to ask, to the Doctors based at St. Andrews.

### Why do I feel so tired?

A lot of cases are due to our lifestyle. Less than 3% of patients consulting us about their tiredness will have a medical explanation.

### What can I do about it?

Smoking last thing at night reduces quality of sleep as nicotine is a stimulant. If you do smoke, (which I don't recommend!) **try to have your last cigarette more than 4hrs before bedtime.**

**Avoid drinks with caffeine, and alcohol before bed.**

A lot of us wake in the night which we don't recall, making us think we have slept right through. If this occurs more than 5 times in the night, it

can be equivalent to losing an hour's sleep. Snoring also impedes a good night's sleep. **If this is occurring and is accompanied with brief episodes of stopping breathing, see your Doctor.**

Excess weight requires the body to work much harder with everyday life, making you feel tired – **so take a look at your weight.**

Stress/anxiety can cause you to lose sleep which will make you feel tired; **recognizing this fact might help you reduce stressful episodes.**

Exercise breeds energy! Although you might feel worn out after the exercise itself, **raising your heart rate for 30 minutes a day releases feel good hormones which boosts your energy.**

### What can the medical causes be?

There are many possibilities. If you come to see your Doctor it is likely they you will be asked to have a blood test. This can check for

anaemia, iron deficiency, vitamin D deficiency, Hypothyroidism, kidney disease.

### Got a question about a health issue?

If you have a question for 'Dr D', please text, email or phone St Andrew's Medical Centre, Pinewood Gardens, Southborough, Tunbridge Wells, Kent TN4 OLZ

01892 515455.

[www.standrewsmc-southborough.nhs.uk](http://www.standrewsmc-southborough.nhs.uk)

You can also drop your question in to Café Bliss in the High Street.

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