



Why Am I So Tired?

- 1) Sleep Deprived? Get a Good Night's Sleep
 - Sleep Time? 7-8 hours Sleep Efficiency?
 - Nutrition for better sleep: Tryptophan (nut butter); Melatonin (walnuts, cherries)
- 2) Are you getting adequate exercise/sunshine?
 - Exercise increases energy and sleep quality.
 - Exercise increases mitochondria in cells that make energy.
- 3) Are you getting adequate sunshine/bright light during the day?
 - Sunshine increases serotonin that increases melatonin (sleep hormone).
 - Serotonin increased by eating complex carbohydrates – whole grains, beans, vegetables, fruits.
- 4) Are you on medications? Do you have a disease process?
 - a. Medications that interfere with sleep: analgesics, psychotropic, anti-hypertension, anti-histamine
 - b. Low thyroid causes fatigue, weakness, lower mood and thinking abilities.
 - c. Other diseases: anemia, heart and lung disease, diabetes, sleep apnea, food allergies/intolerance, low adrenal function
 - d. Psychological: depression, anxiety
 - e. Chronic Fatigue Syndrome: symptoms more than 6 months
 - i. Increased risk with childhood trauma, frequent colds, GI disturbances
 - ii. Increased glucocorticoids – overkill of lymphocytes which could lead to autoimmune disease
 - iii. Shift work that lowers immune response
- 5) Are you stressed?
 - Cortisol – optimal levels are high in the morning then tapers off during the day.
 - Chronically high cortisol levels increases fatigue, aging of cells, and damage to the brain, digestion system, immune system, and heart.
 - High stress lowers appetite; moderate stress increases appetite.
 - Increase mid-body fat.

Create More Energy

What To Do

What 3 behaviors interfere most with your energy level? Mood, sleep, activity, or nutrition

Create a Lifestyle

Get to bed. Measure sleep time, sleep efficiency.

Exercise at least 30 minutes each day. Pool exercises are especially helpful for CFS.

Choose good nutrition:

Choose whole foods: whole grains, beans, vegetables, fruits, nuts, seeds

Avoid: high sugar food and drink, caffeine, alcohol

Create an Environment

External: Get 20 minutes of sunshine each day. Be exposed to bright lights during day. Use light therapy.

Create a restful environment

Avoid clutter

Internal: Reframe situations into "What's good about this?" "How can I react in a positive/productive way?"

Create a time frame to worry about specific issues.

Schedule time in the day to problem solve.

Are your internal conversations true?

Decide to do the thing that you have always wanted to do....take that class,

learn that skill, visit that person, do that adventure.

Create Connections

With others: Be socially connected.

Be around people who inspire you. Limit contacts with people who drain you.

Plan a vacation or get-away with someone you love to be with.

With God: Create quiet time/place. Read inspirational books. Walk in nature.