



Black Country Health & Well-being Foundation

Project: Creating Better Chances

Sleep and Tiredness

The acronym given to feeling exhausted tired is TATT (Tired all the Time)

In today's fast changing society, people often feel tired for many reasons, including, too many late nights or long working hours. However, such tiredness is not deemed good as it can have a negative effect on ones ability to enjoy life.

In some severe cases of tiredness, however, it is recommended to seek the assistance of a local GP, who would further investigate such causes under the guise of a few local issues, such as psychological, physical and lifestyle causes.

Psychological causes

In relation to psychological causes, these are thought to be much more common than physical and are known to cause insomnia and daytime tiredness, which can also lead to other forms of stress and cases of anxiety. This can develop as a result of dealing with the daily chores of social and domestic issues.

Another common cause of tiredness, and which is often overlooked is depression, which can cause individuals to become feeling isolated and sad leading to a lack of desire to enjoy life.

Physical causes of Tiredness:

Some physical causes of tiredness can stem from a number of issues including pregnancy, obesity, cancer treatments such as radiotherapy and chemotherapy and the side effects of medicines and some herbal remedies.

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Lifestyle causes of tiredness:

Some lifestyle causes of tiredness include, excess consumption of alcohol, which is said to interfere with ones quality of sleep. When an individual performs excessive exercise regimes, this can also contribute to cases of being tired in the long run.

Surprisingly, too much caffeine, found in tea and coffee can also lead a person to become tired., and so it is recommended to eliminate caffeine from ones diet and resort to a decaffeinated tea/coffee. (<https://www.nhs.uk/live-well/sleep-and-tiredness/>)

For volunteering and sports activities participation, please visit our website or get in touch by sending us an email:

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If you want Information translated or explained please ring 07734 952908

Disclaimer: This is a general guidance and it is always recommended to consult your physician or GP should you have any medical condition or are worried about anything in this leaflet



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