

It can be hard to distinguish how much tiredness is due to physical causes like heavy work, intensive therapy or lack of sleep, and how much stems from psychological attitudes which need quite different management. Whatever the cause, take tiredness seriously and discuss it with a medical practitioner.

## Restlessness

*Restlessness may be a symptom of a number of medical or psychological conditions and may need to be investigated by the family doctor or specialist.*

The causes of restlessness may include:

- stimulants such as tea, coffee or alcohol taken in the evening
- some prescription drugs (check with your doctor)
- pain
- bladder problems
- depression
- heart or lung conditions which may lead to poor-quality sleep or breathing difficulties during sleep.