

# Why Am I So Tired??

## What is it?

### Sleep Deprivation

Lack of time asleep or fragmented sleep that leads to problems with performance, alertness and deterioration in health.

### Postpartum Fatigue

The feeling of overwhelming exhaustion and less capacity for physical and mental work following childbirth or caring for a baby.

### Insomnia

Difficulty with falling asleep, staying asleep and/or quality of sleep.  
Happens even with the opportunity to sleep and really impacts life.

### Postpartum Depression

A common and serious medical illness. It effects the way you feel, act and think.

## Each Problem can Cause These Same Experiences

Feeling of Sleepiness.  
Feeling moody, irritable, angry, frustrated and desperate.  
Less energy and/or lethargic.  
Difficulty with performing tasks (both physical and mental).  
Can make it harder to think, remember, concentrate and communicate.

## Differences in How the Problems are Experienced

Will go away with a good night's sleep.

Can still find enjoyment in things. See the light at the end of the tunnel. Feel "normal" other than feeling exhausted.

Can't sleep even when there's a chance to sleep or when baby's sleeping.

Deep sense of things not being right. Unable to find enjoyment. Hopeless, despair, guilt, worthless. Lasts for two or more weeks. Withdrawing from people, not wanting to talk about it.

## How Do I Feel Better?

Ask for (and accept) help from someone to take care of baby for part of the night. Read a book, talk to a sleep expert or friends/family for ideas. Wean night feedings when you can. Follow a sleep routine.

Improvement requires a shift in demands and resources. How can you decrease the demands in your life and increase the resources?  
Ask for help if you are struggling with how to do this.

Often requires some sleep training skills, like CBT-Insomnia. Talk to a professional or your doctor.

Start by telling someone you trust. Make an appointment with your family doctor or midwife. Talk to a professional.

