

# Unmasking fatigue: What to know and what to do?



Feeling constantly tired even after a full night's rest is a concern many people experience. While occasional fatigue is common, especially with long working hours and daily stress, persistent tiredness despite adequate sleep may point to an underlying medical condition. Common causes include anaemia, nutritional deficiencies, diabetes and thyroid disorders.

This newsletter is dedicated to one of the most overlooked health issues in corporate wellness: **The thyroid-fatigue connection.**

## The Thyroid-Energy Axis

Fatigue is an overwhelming state of extreme tiredness, exhaustion, and lack of energy that is not relieved by rest or sleep. Normal tiredness usually improves with rest or sleep.

### Normal fatigue



- Improves after overnight sleep/rest
- Linked to workload/exercise
- Temporary

### Red flag fatigue



- Waking up tired
- Brain fog
- Weight changes
- Low motivation
- Hair fall
- Mood fluctuations
- Daytime exhaustion despite sleep

People with severe fatigue often describe feeling "slowed down" physically and mentally, even on days when they have rested well or reduced their workload.

## Know about Thyroid:

The thyroid gland is a butterfly-shaped organ at the base of the neck. It regulates the body's metabolic engine. It produces hormones that regulate metabolism, energy production, heart rate and body temperature.

When the thyroid produces too little hormone, the body's metabolism slows down, leading to ongoing fatigue, low energy and mental sluggishness.

**200M+**

People Worldwide living with thyroid disorders (WHO)

**60%**

Go Undiagnosed of all thyroid cases globally American Thyroid Association (ATA)

**1 in 8**

Women Affected will develop thyroid disorder in lifetime

**8x**

More Likely women vs men to have thyroid issues

## Types

<b>Hypothyroidism</b>	Underactive thyroid — metabolism slows drastically.  Classic symptom: crushing, persistent fatigue that sleep cannot fix.
<b>Hyperthyroidism</b>	Overactive thyroid — body runs too fast. Leads to anxiety, heart palpitations, and paradoxically exhaustion.
<b>Hashimoto's Disease</b>	Autoimmune attack on the thyroid. Often misdiagnosed as depression or burnout.
<b>Thyroid Fatigue vs. Chronic Fatigue Syndrome (CFS)</b>	Chronic Fatigue Syndrome patients have significantly lower T3 and T4 levels with normal TSH — a hormonal profile distinct from thyroid disease but with overlapping fatigue pathways, making differential diagnosis essential.
<b>Subclinical Hypothyroidism</b>	TSH elevated but T3/T4 appear 'normal.' Millions suffer here — often dismissed despite significant fatigue and brain fog.

## How is overactive thyroid diagnosed?

Thyroid-related tiredness is often accompanied by other symptoms such as weight gain, sensitivity to cold, hair thinning, constipation and brain fog. Because these symptoms can develop gradually, thyroid fatigue is frequently overlooked or mistaken for stress or burnout.

Those symptoms may include:



- Diarrhea or constipation
- Vision changes
- Excessive sweating
- Sleep issues
- Dry skin or hair loss
- Depression or low mood
- Menstrual irregularities
- Feeling drained even after a full night's sleep
- Struggling to get through the day without naps
- Mental fatigue or brain fog
- Heavy or weak muscles
- Lack of motivation or drive

If you're experiencing fatigue (with or without other symptoms), it's important to see your General Physician for proper diagnosis.

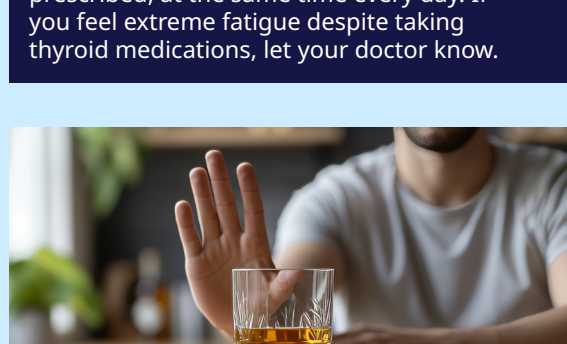
## Practical tips for dealing with fatigue caused by thyroid problems



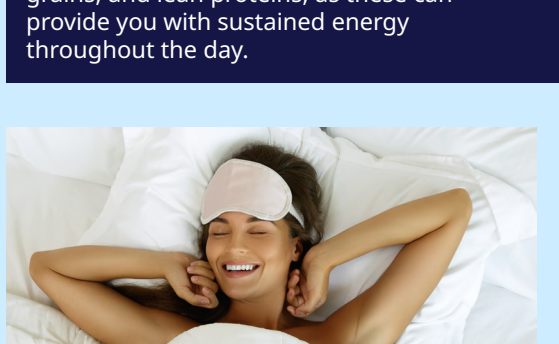
**Take your thyroid medications**  
It is important to take your medications as prescribed, at the same time every day. If you feel extreme fatigue despite taking thyroid medications, let your doctor know.



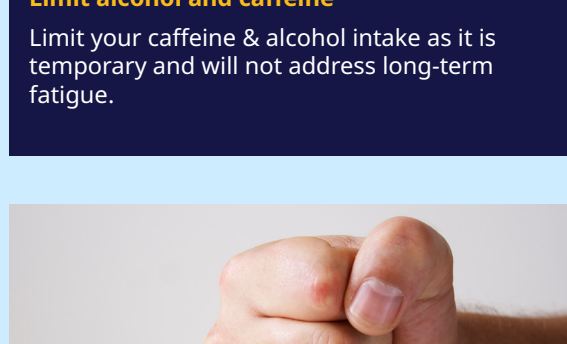
**Eat healthy**  
Eat a diet rich in fruits and vegetables, whole grains, and lean proteins, as these can provide you with sustained energy throughout the day.



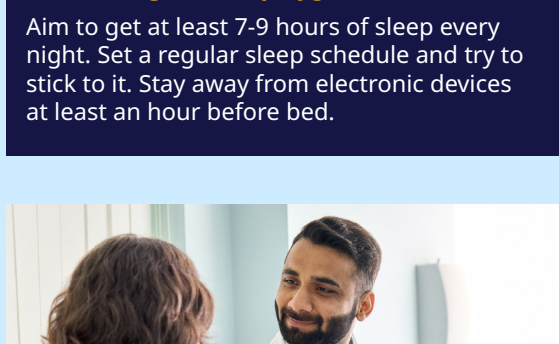
**Limit alcohol and caffeine**  
Limit your caffeine & alcohol intake as it is stimulatory and will not address long-term fatigue.



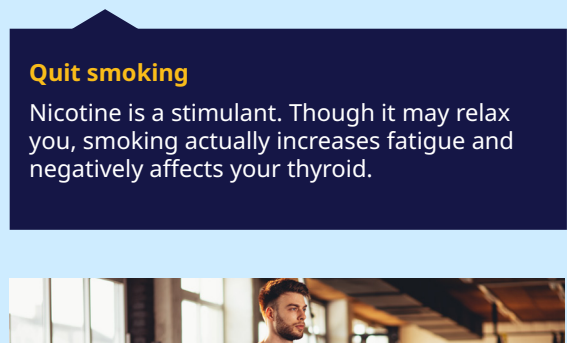
**Practice a good sleep hygiene**  
Aim to get at least 7-9 hours of sleep every night. Set a regular sleep schedule and try to stick to it. Stay away from electronic devices at least an hour before bed.



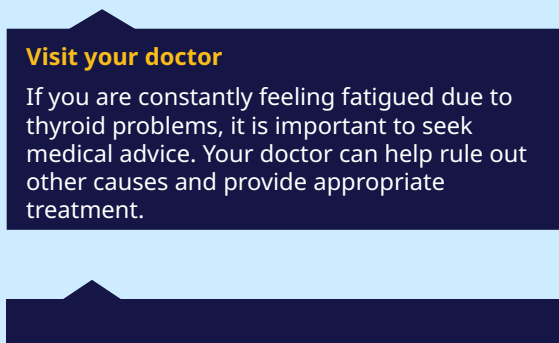
**Quit smoking**  
Nicotine is a stimulant. Though it may relax you, smoking actually increases fatigue and negatively affects your thyroid.



**Visit your doctor**  
If you are constantly feeling fatigued due to thyroid problems, it is important to seek medical advice. Your doctor can help rule out other causes and provide appropriate treatment.



**Exercise regularly**  
Regular physical activity can help promote blood circulation, improve your energy levels, and increase your chances of getting quality sleep. You can start with light exercises, such as walking and yoga, then increase the intensity and duration of your workouts.



**Sources:**  
**Thyroid Treatment Duration: Myth & Facts for Lifelong Medication** | Max Hospital  
**Thyroid Fatigue: What You Should Know**  
Can Thyroid Problems Cause Extreme Fatigue? 7 Tips