



疲劳

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可导致疲倦的生活方式

有些可能会导致疲倦的生活方式或行为包括：



睡眠不足会对身体有不良影响，让人感觉精力枯竭。建议成人每天晚上至少保持7小时的正常睡眠时间，以达到最佳健康状态。^{1,2}



过多的酒或咖啡因会影响夜间好眠。午后睡前应限制酒精和咖啡因的摄入。^{3,4}



某些药物，例如降压药、抗抑郁药或抗组胺药物常常会引起疲倦。⁴⁻⁶



饮食不均衡或饮食不足会导致您感觉倦怠。营养丰富的食物有助于保持精力充沛，避免疲倦。^{5,6}

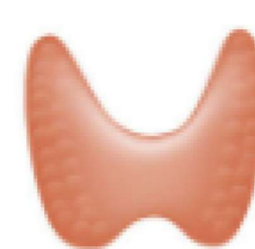
改变不良习惯通常可以让您感觉精力更充沛，但是，如果改变习惯行不通，则需要寻求医生的帮助，因为可能面对有需要治疗的问题。

导致疲倦的健康状况

很多健康状况或疾病会引起疲倦，例如：



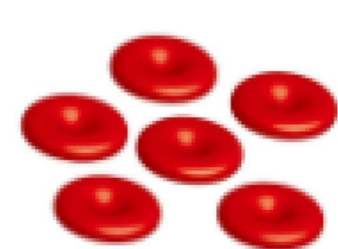
慢性疲劳综合征 (CFS) 是一种复杂的疾病，会引起极度疲劳、无力、关节和肌肉疼痛、无法恢复精力的睡眠、与注意力不集中。它无法通过睡眠改善，使日常活动变得很



甲状腺疾病是甲状腺激素分泌异常所致。甲状腺激素分泌过多 (甲亢) 导致身体的很多机能加快，而甲状腺激素生成不足 (甲减) 则使身体机能减慢。这两种疾病都会导致疲倦。^{8,9}



抑郁症是一种严重的情绪障碍，很多抑郁症患者都有疲倦和睡眠模式改变的症状。¹⁰



贫血是体内没有足够的红细胞将氧气从肺内输送到身体其他部分。因此，您经常会感觉无力、头晕、气促，总是很疲倦。^{11,12}



睡眠呼吸暂停的特征是睡眠期间呼吸异常，呼吸可能会暂停几秒到几分钟，或出现浅呼吸的时期。由于正常呼吸被中断，导致睡眠质量变差，您醒来后可能会感觉精力枯竭。¹³



糖尿病是血液中的葡萄糖含量过高，而需要葡萄糖的细胞则无法获得足够的葡萄糖。糖尿病会引起疲倦和其他症状，例如，口渴或饥饿，频繁排尿。^{14,15}



心力衰竭患者的心脏无法正常泵血，供应全身。简单的活动，例如走路或爬楼梯，都会引起精力枯竭和呼吸困难。可能还导致其他症状，例如气促和双足、脚踝、下肢和腹部肿胀。¹⁶

获取帮助



如果您感觉精力枯竭，且持续几周以上，应质询您的医护者。⁵如果您正在管理某种会导致疲倦的健康状况，可咨询您的医疗团队，了解可提高精力的最佳方法。¹⁶

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