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Why exhaustion can lead to health problems

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2 of 2 by Irene Ross
Created on: November 10, 2011

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A few years ago the Archives of Internal [Medicine](#) explored the common cold. Therefore, 153 people received, via nose drop, the rhino virus. The rhino virus is the virus that gives us the common cold, said New York City Naturopathic Doctor, [here](#).

Other studies, he says, have also shown that inadequate sleep lowers [natural](#) killer cells, which are the immune cells that fight Cancer 2.



Exhaustion is really a symptom, says Dr. Bongiorno. It's the symptom of sleep deprivation, or even stress. We all experience a night here and there when we can't sleep, but when the lack of sleep is continuous, it can lower your immune system and possibly result in things like diabetes, high blood pressure, increased [insulin levels](#), increased

stress hormones, and more. +1 0

When you're exhausted, you can't focus or concentrate. You'll lack motivation. In short, you simply won't function at optimal levels.

"You also won't sleep well if you're stressed-and that will make you exhausted," said Dr. Bongiorno, "When you're stressed, your adrenal hormones are continuously working. The adrenals will eventually wear out, and that leads to [fatigue](#) and maybe even depression."

When a patient comes in complaining of an inability to fall, or remain, asleep it's important to first explore that person's habits, says Dr. Bongiorno. Some questions to ask are: What time do they go to bed and awaken? Is that time consistent, or does it change? Is it noisy and disruptive before the patient goes to bed? Do they e-mail and/or text? How dark is the room?

"Even the slightest light can cause a decrease in Melatonin levels," says Dr. Bongiorno."There's also a difference between inability to fall asleep and inability to stay asleep. If a patient can't stay asleep, that might be caused by something like pain or even hunger. Hunger might either mean that there's a problem with the liver function, or simply that the patient needs to [eat](#) a little more before bed."

"We also need to explore things like a heavy toxic load, lifestyle factors, a post-nasal drip or acid reflux that could be interfering with sleep," added Dr. Roberts.

Exhaustion-sleep deprivation-also opens you up to daily aches and pain as well as more serious injury, says [Michael Gazaleh, D.C.](#), and there's really nothing better for your [body](#) than sleep. "Sleep is when we physically and mentally recover from the stress of the day

[Rocco Tetro, D.C.](#), concurs. "My exhausted, sleep-deprived patients tend to slouch more at their desks at work, so that leads to more neck and back problems. Then to make it even worse, they often can't maintain their treatment plan, which makes recovery even longer. Add to that they tend to miss more days at the gym—and that makes them feel even worse."

Learn more about this author, [Irene Ross](#).
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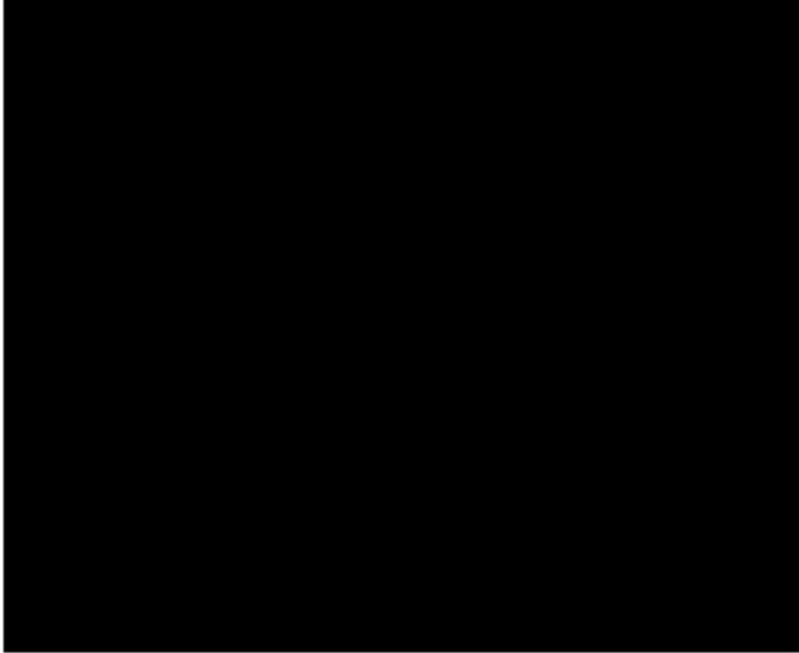
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