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## Tired and cold

If you're like a lot of people, the last time you hopped out of bed with a spring in your step was Christmas morning when you were five—and you were probably tired then, too. Whether it's your nutty schedule, a cat who won't let you sleep for more than five consecutive minutes, or plain old stress, it's usually pretty easy to see why you're dragging. Except when it's not: New research warns that feeling fatigued too often can be a sign of some eye-opening problems. Chronic fatigue syndrome (CFS) is a mysterious condition characterized by ongoing feelings of sleepiness that aren't alleviated with more rest, and don't seem linked to other health problems. And while researchers have yet to nail down the cause of CFS, a new study, published in the *Journal of Psychotherapy and Psychosomatics*, suggests that chronic inflammation might actually be behind the problem. So how can you figure out whether your tiredness is CFS? Keep tabs on how often you suffer from daytime lulls, says CFS expert Leonard Jason, PhD, director of the Center for Community Research at DePaul University. Fatigue for short periods of time is normal, whereas fatigue that lasts for days or weeks is not. "If you take a vacation from work, or spend a weekend catching up on sleep, you should feel better," he says. If that doesn't help, then the issue may be more serious, he says. **MORE: 9 Tricks To Fight Fatigue** Ask yourself this: Do you feel fatigued an hour after getting out of bed, feel worse after exercise, or feel like your memory or concentration are lagging? If the answer to any of these questions is "yes," and persists for at least six months, then CFS may be to blame, Jason says. "It's like having the flu all the time," he explains. For cases of normal fatigue, people can take steps to relieve their symptoms, Jason says. Follow his recommendations to get your sleepiness in check before it gets worse: Make sleep a priority The amount needed varies from person to person, but most of us require at least seven hours of deep, restful sleep each night to feel our best, Jason says. An afternoon rest session can also help: Even if you don't sleep, closing your eyes for 10 or 20 minutes while listening to quiet music or meditating can reduce stress and recharge the batteries. (For our best shut-eye tips, check out these [20 Ways To Sleep Better](#).) Improve your daily habits Try to get at least 30 minutes of moderate exercise every day, which can help curb inflammation, Jason advises. Trim your workload or list of responsibilities, and avoid alcohol or stimulants like tobacco or caffeine in the evening. Sure, these changes are easier said than done, but the question is, how long can we afford not to make them? This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io A tire consists of many parts that work together to safely perform in a wide range of demanding road conditions. A tire's tread design, for example, plays an essential role in the tire's ability to grip the road in different driving conditions, and is crucial to its performance. BeltSteel belts are placed around tires to provide rigidity and reinforce strength. They are made of woven sheets of steel wires that are coated in rubber. Kevlar cord is also sometimes used, to add extra strength, durability and puncture resistance.SidewallThe area of extra-thick rubber that runs from the bead to the tread to give tires their lateral stability. This is the part of the tire where the manufacturer's information can be found. It also protects the side of tires from impact with curbs and the road.BeadsMade from high-strength steel coated in rubber, beads create an airtight seal between a tire and the rim of the wheel.Sipe and GrooveTread blocks are separated by deep grooves that allow tires to disperse water, mud and snow. Sipes are the smaller grooves made in the tread blocks themselves to give extra grip, an important feature in winter tires.PlyThese are the layers of fabric that make up a tire's skeleton. They're typically made of fibre cord that are woven together, and then coated with rubber. This allows your tire to be flexible, helps reduce friction heating, and maintains the tire's shape when driving fast.TreadThis is the part of the tire that grips the road and provides cushioning. Its design and compound determine many of the tire's most essential performance features. It provides traction and turning grip for the tire, and is designed to resist wear, heat and abrasion.ShoulderTires have a small beveled edge where the tread meets the sidewall.This design and construction is important for how your tire helps you take corners.The Rubik's Cube Wikipedia is a the best place to learn about the Worlds best selling puzzle toy. tired and cold all the time. tired and cold symptoms. tired and cold after eating. tired and cold sweats. tired and cold feet. tired and cold during period. tired and cold covid. tired and cold after workout



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