



She was just going to lie down for one quick second before work...

44% of You Nodded Off During the Day This Month

There's an epidemic of sleepiness, experts say—and even women who get eight hours a night are dozing off at their desks, in meetings, sometimes behind the wheel. Here's how you can stay energized.

By Shaun Dreisbach

Scary but true: Nearly as many women in their early twenties accidentally fall asleep during the day as women age 65-plus, according to data from the Centers for Disease Control. “This is a wake-up call,” says sleep specialist Michael Breus, Ph.D. “If you’ve fallen asleep even once during the day in a month, you’ve got a problem.” The surprising news: It’s not just the chronically sleep-deprived who conk out. Many women who get the recommended eight hours (and for those of you who don’t, *start*) still feel tired, research shows. Six who-knew reasons:

1. It could be your diet.

A Pennsylvania State University study found those who ate high-fat meals showed major daytime sleepiness, regardless of how much rest they got or how many calories they ate. Why? High-fat foods increase levels of hormones that bring on fatigue. **The energy fix:** Limit your intake of fats to 25 percent of your total daily calories. (The average young woman gets more like 33 percent.) Especially avoid saturated fats, found in meat and full-fat dairy, which may make you more drowsy than the healthy stuff in avocados and nuts. And watch your weight overall, since obesity can increase the risk of sleep problems.

2. It could be your job.

Sitting for long periods puts your body in a “glacial state,” says Pamela Peeke, M.D., assistant professor of medicine at the University of Maryland: Your metabolism plummets, and hormonal changes make you feel sluggish. “It’s like you’re on a dimmer switch that got turned way down,” says Dr. Peeke. **The energy fix:** “Get up for at least five minutes once an hour—I use a headset on my phone and walk around my office as I talk,” says Dr. Peeke. “As soon as you start moving your muscles, you’ll feel more energized.” *Continued on next page ▶*

3. It could be your happy hour habit.

Researchers at the London Sleep Centre have uncovered a surprising new reason alcohol messes with your sleep. While booze initially puts you into a deeper sleep, once your body metabolizes the alcohol, you return to a lighter stage of rest that actually *disrupts* REM sleep, the most restorative sleep cycle. It's like a mini withdrawal that leaves you feeling wiped out the next day, and your concentration, motor skills, and memory nosedive. "Even if you had a full eight hours of sleep, it's going to feel more like you only got five or six," explains Breus.

The energy fix: "Don't have more than two cocktails at night," says Breus. "And stop drinking three hours before bed to give the alcohol enough time to clear your system."

4. It could be your vitamin D levels.

Not getting enough of the nutrient can make you super tired during the day, one study found. "The lower people's D levels were, the greater their daytime sleepiness," says researcher David McCarty, M.D., an assistant professor of sleep medicine at Louisiana State University at Shreveport. "But *everyone* with a deficiency—even a slight one—was significantly sleepy!"

The energy fix: If you're tired, ask your doctor to check your vitamin D levels via a blood test—especially important if you have other risk factors for a deficiency, like limited sunlight exposure. If your levels are low, get 2,000 IU of a vitamin D supplement or 15 minutes of sun exposure per day.

5. It could be your allergies.

When you're all stuffed up, it's harder to breathe at night—and that can make you zonked by day. In a study of more than 2,200 allergy patients, 53 percent reported poor sleep quality and 21 percent suffered from severe daytime sleepiness. "Most people have no idea it's their allergies making them feel fatigued," says allergist Jacqueline Eghrari-Sabet, M.D. Congestion is worse at night, she says, because you're not blowing your nose or moving around to loosen things up. (Extra pillows won't help.)

The energy fix: Take the *right* allergy meds: no Benadryl during the day (or you'll conk out on your keyboard) and no Sudafed in the afternoon (it'll make you wired). Using a prescription nasal spray, like Flonase, in the A.M. should last you into the night.

6. Or it could be Facebook. (Seriously.)

Past studies have linked tech use before bed with poor sleep, but get this: Facebook can have a *specific* effect. Peruvian researchers found that people who spent a lot of time on the site were both more tired by day than light Facebook users were and 30 percent more likely to have trouble sleeping. A possible reason: Browsing the site may prompt loneliness (hello, ex's vacation album), an emotion linked with poor sleep.

The energy fix: "No electronics an hour before bed," says Breus. If your brain is buzzing, "count backward from 300 by threes," he suggests. "It's complicated yet boring, so you're out like a light." And totally energized the next day. Like! ■

Need a Pick-Me-Up?

Some days you can't even look at another black coffee. To find out what *else* works when you're sleepy, *Glamour* staffers tested the newest offbeat energizers. Remember the *Mad Men* episode where the entire office does speed? It was kind of like that.



STARBUCKS REFRESHERS

Energy Grade: B+

These carbonated bevs contain green coffee extract. "It gave me a boost, but it didn't last long—like a sugar rush," designer Ada Bernal Mercado said. (\$2, at grocery stores)



ECOLIPS ENERGY LIP BALM

Energy Grade: F

None of our testers got a lift from the caffeine-containing gloss. "It just made my lips feel tingly," said editor Ashley Edwards Walker. (\$3.50, ecolips.com)



FOOSH ENERGY MINTS

Energy Grade: B+

They hold as much caffeine as a cup of joe and were faintly bitter. "I feel wired, in a bizarre Adderall-ish way," intern Alyssa Clough noted. (\$4.50, vroomfoods.com)



PERKY JERKY

Energy Grade: C+

Meat laced with caffeine? Why not? No noticeable buzz, but the spicy snack "is totally delicious," editor Andrea Bartz reported with her mouth full. (\$5, perkyjerky.com)



NEURO SONIC

Energy Grade: B-

Our testers were split: Some felt more alert, but designer Christian Gaffney complained, "No boost in energy, but I've had to pee three times—net productivity loss." (\$2.50, at drugstores)

BOTTOM LINE: Some of these energizers worked fine, though few offered the placebo value of a latte. (With coffee, "We think, Ah, I feel better," explains psychologist Art Markman, Ph.D. "But it takes 30 minutes for caffeine to work.") The easiest perk-ups: upbeat music and a good laugh, experts say.