



Feeling Tired All The Time?

Understanding 'adrenal fatigue' and what might really be going on

Recover • Rebalance • Revive



drregu.com.au

PATIENT GUIDE

Dr Reguram Sandrasegaram • Young Street Medical & Dental Centre

Tiredness is a clue — not a diagnosis.

Your exhaustion is real — but 'adrenal fatigue' usually isn't the cause. The real cause is often findable, and very treatable.



RUNNING ON LOW?



1 in 10

GP visits are mainly about feeling tired



7–9 hrs

sleep most adults actually need



Most

causes are common & treatable

Common causes of fatigue



Not enough sleep

Late nights, screens, shift work or broken sleep slowly drain your reserves.

- More likely if: you wake unrefreshed or get under 7 hours.



Stress, burnout & low mood

Anxiety and depression often show up as exhaustion and fog, not just worry or sadness.

- More likely if: you feel flat, on-edge or overwhelmed.



Low iron

Common — around 1 in 5 women of childbearing age. Tires you even before anaemia shows on a blood test.

- More likely if: heavy periods, a plant-based diet, or you're a blood donor.



Underactive thyroid

A slow thyroid slows everything — energy, mood, concentration and weight.

- More likely if: feeling cold, constipation, dry skin or weight gain.



Sleep apnoea

Breathing pauses during sleep mean you never get true rest, however long you're in bed.

- More likely if: you snore, or doze off during the day.



Blood sugar & metabolic health

Energy crashes, sugar cravings and post-meal slumps can point to metabolic health issues.

- More likely if: crashes after meals, or strong sugar cravings.

What about "adrenal fatigue"?

The exhaustion is real — but 'adrenal fatigue' isn't a recognised medical diagnosis, and there's no good evidence that healthy adrenal glands become 'exhausted'. This is different from true adrenal insufficiency (Addison's disease) — a genuine, treatable condition your GP can test for. A home saliva cortisol test isn't a reliable way to diagnose either one. The good news: once the real cause is found, most people start to feel better.



Getting Your Energy Back

Simple first steps, and how your GP can help find the cause

Recover • Rebalance • Revive




drregu.com.au

PATIENT GUIDE

Dr Reguram Sandrasegaram • Young Street Medical & Dental Centre


Start here: small changes that genuinely help



1

Protect your sleep


Regular hours, screens off early, a wind-down routine



2

Eat for energy


Iron-rich foods and regular meals through the day



3

Move a little daily


A short daily walk lifts energy over time



4

Ease the load

Protect downtime; talk things through



5

Mind caffeine & alcohol

Especially in the afternoon and evening

! See your GP if...

- Fatigue lasting more than a few weeks, or getting worse
- It's affecting your work, study or daily life
- Unexplained weight loss
- Breathlessness or drenching night sweats
- It started after a virus or infection and hasn't lifted
- You're simply worried about it

✓ What your GP might do

- ✓ Review your sleep and lifestyle
- ✓ Ask about stress and your mental wellbeing
- ✓ Check your current medications
- ✓ Arrange blood tests if needed — iron, thyroid, blood sugar and others
- ✓ Assess for sleep apnoea
- ✓ Discuss diet, exercise and metabolic health

i Worth noting before your appointment

- ✓ When the tiredness started
- ✓ Your sleep — hours and quality
- ✓ Mood and stress levels
- ✓ Periods or heavy bleeding, if relevant
- ✓ Alcohol, caffeine and medications
- ✓ What makes it better or worse

7-day energy tracker

Rate your energy 1–5 each day for a week and bring it in — patterns are often the biggest clue.

M	T	W	T	F	S	S
1–5	1–5	1–5	1–5	1–5	1–5	1–5

Ask a better question

Instead of “Do I have adrenal fatigue?” ask “Why am I tired?”

Finding the real cause is the first step towards feeling like yourself again. — Dr Regu