

# 10 REASONS YOU'RE... ALWAYS TIRED

**1 DIABETES**  
Regular tiredness is a common symptom. Others include constant thirst, needing the loo all the time, and slow-healing wounds. It's simple for your GP to diagnose with a blood test.

**2 YOU'RE GLUTEN INTOLERANT**  
Coeliac disease, the body's reaction to gluten, damages the small intestines, hampering the body's ability to absorb nutrients.

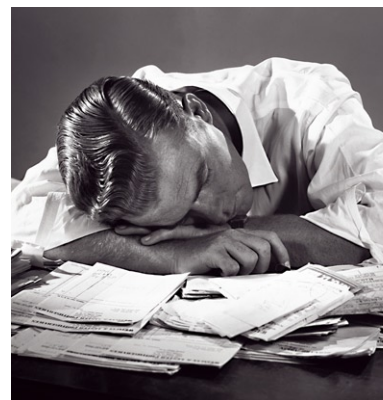
**3 CAFFEINE AT THE WRONG TIME**  
A late-night caffeine drink increases the likelihood of waking in the night. An 8am cup of coffee isn't a problem, but caffeine stays in the system for up to 14 hours.

**4 YOU HAVE ANAEMIA**  
Iron-deficiency anaemia can make you feel run-down. It's common during pregnancy. You may need iron supplements and to boost your intake with dark-green leafy vegetables.

**5 FEELING ANXIOUS?**  
Anxiety and depression can interrupt sleep, leaving you feeling more tired during the day. A Mental Health Foundation survey found that almost a third of us are severely sleep-deprived, often because of job and money worries.

**6 YOUR THYROID IS UNDERACTIVE**  
Tiredness is a symptom of an underactive thyroid, where the body doesn't produce enough hormones. This isn't usually serious and can be treated with hormone pills.

**7 YOU HAVE SLEEP APNOEA**  
Does your partner complain about your snoring? Sleep apnoea, where your throat narrows during sleep and interrupts your breathing, can cause sleepless nights and exhaustion.



**8 YOU ENJOY A NIGHTCAP**  
A glass of red may help you unwind, but you'll sleep less deeply afterwards, even if you manage a full eight hours. 'Never drink just before bedtime,' advises Marcus Herbert, physiologist for Nuffield Health. 'Avoid alcohol for at least two hours before.'

**9 YOU'RE FLAT OUT... ON THE SOFA**  
Studies have shown that people sleep better and are more alert in the daytime if they get at least 150 minutes of exercise a week. Some experts believe that exercise triggers an increase in body temperature, and the post-exercise drop in temperature may promote falling asleep.

**10 YOU MAY HAVE CHRONIC FATIGUE**  
Severe, disabling tiredness lasting for at least six months could indicate that you have chronic fatigue syndrome. You may also have symptoms such as a sore throat, muscle and joint pain and headaches. The cause is unknown, but some believe it is triggered by a viral infection.

# How CAN I stop dogs turning my bubbly boy into a nervous wreck?

By **Antonia Hoyle**

## THE PROBLEM

MY TWO-year-old son Felix is terrified of dogs. Whenever one approaches him, his whole body tenses and he starts screaming uncontrollably.

His phobia started a year ago and seems to be getting worse. It makes trips to the park and to see friends who have pets fraught because he gets so upset and spends the whole time clinging to me in fear.

But I have to admit that I'm not a fan of dogs either. In fact they have made me feel extremely nervous since I was a child. Could it be my fault – having unconsciously passed my own phobia on to him?

## THE ADVICE

### The psychotherapist

AUDREY Sandbank, who has done extensive work with children who have phobias, says: 'Phobias are a learned behaviour, picked up by children from those around them. Even if you aren't overtly showing anxiety, Felix will realise you are tense, so you have to do some work to overcome your own fears too.'

'Also dogs are usually the same height as toddlers, which can make them seem overwhelming. And children find the unpredictability of their movement scary.'

'When you see a dog, lift Felix up so that he is higher than it, which will immediately give him more confidence. Then stretch out the back of your hand towards the dog and talk to it so Felix can see he has nothing to fear. If the dog remains calm, stroke him and your son will be further reassured that he is safe. It's important to address the problem now so the phobia doesn't stay with him throughout childhood.'

### The paediatrician

PROFESSOR Alastair Sutcliffe, honorary consultant paediatrician

**GETTING TO KNOW YOU:** Felix meets German shepherd puppy Beth at his local Dogs Trust centre



**BABY STEPS**

at University College London Hospitals, London, says: 'Although they may well have started speaking, toddlers still largely interpret the world through actions rather than words. So rather than simply telling Felix he has nothing to fear, try showing him through play instead.'

'Make a game out of the noises that dogs make and buy him toy dogs he can play with. Find a toddler-friendly film or television show that features children playing with animals so he can see they come to no harm. Next take him to see puppies, perhaps at a local farm.'

'When Felix seems more comfortable, take him to see a friend with a gentle dog. Hopefully he will see he is capable of interacting with a dog and his confidence will grow.'

### The older generation

MY MOTHER Mary Hoyle, 68, says: 'I wouldn't go out of my way to introduce him to dogs – it will put him through unnecessary stress and seems like an unnatural way of tackling the problem.'

'Instead, point out any dogs you see and encourage Felix to wave and say hello. Hold his hand and reassure him if they come near, but don't automatically pick him up the second he starts crying as that suggests he has something to fear.'

## WHAT ANTONIA DID NEXT

I REALISED I needed to feign an affection for dogs if Felix was to

stand any chance of tackling his phobia. I took out several story books from our local library featuring dogs and made a point of telling Felix how friendly they looked as we read them together. Encouraged, I arranged for Felix to visit a rehoming centre run by the charity Dogs Trust.

My heart sank as we arrived at the door and Felix started screaming. But after watching his big sister Rosie stroke some of the dogs, he calmed down. An hour later, he was relaxed enough to walk up to Beth, a German shepherd puppy, and leave a dog biscuit at her paws, and then chattered to a greyhound.

I feel sure that with enough support from me, he will soon overcome his phobia.

## Make your own... CAULIFLOWER COUSCOUS



YOU will not believe how good this tastes, hot or cold. Better still, cauliflower contains a fifth of the calories of regular couscous, gram for gram. And that's not all – it contains a compound called sulforaphane, which improves blood pressure and kidney function. This simple recipe can be eaten as part of a vegan or gluten-free diet. Serves two:

### INGREDIENTS

1 whole cauliflower  
1 tbs harissa spices  
4 banana shallots  
Handful of fresh parsley  
200g of plum tomatoes  
1 lemon, zest grated  
Handful of flaked almonds  
Olive oil

### DIRECTIONS

\* Chop the cauliflower into chunks and mix in a food processor to a crumb texture  
\* Fry the shallots in a pan with olive oil until soft; set aside  
\* Put the crumbed cauliflower into a hot pan with a swig of olive oil and fry for ten minutes until it starts to brown, add the harissa spices and the lemon zest, parsley, tomatoes and shallots.  
\* Serve immediately in a bowl and top with extra parsley and the flaked almonds.

Frederick Faulkner

## DEAL OF THE WEEK SAVE A THIRD ON BLOOD PRESSURE MONITOR

This handy cuff allows you to measure blood pressure and heart rate at home, and download your results to a free smartphone app. **iHealth BP7 Wireless Wrist Blood Pressure Monitor**, £40 (was £59). [tesco.com](http://tesco.com)

