# Study Reveals 55% of Britons Suffer from Hyper-Fatigue, Especially Among 25-34 Age Group



A recent study by Solgar reveals that 55% of Britons are experiencing hyper-fatigue, a state of constant exhaustion that doesn't improve significantly with rest. This rate increases to 65% among those aged 25-34. Dr. Samantha Wild from Bupa Health Clinics explains that hyper-fatigue stems from factors such as the 'always on' working culture, high-stress levels, and extensive use of social media.

Hyper-fatigue, although not a formally recognized medical term, describes severe and persistent tiredness. Psychotherapist Helen Wells states that this condition goes beyond regular fatigue, impairing both cognitive and physical functioning. Various stressors, including the pandemic, economic pressures, and climate concerns, contribute to this form of exhaustion.

Experts recommend steps to combat hyper-fatigue, including maintaining a good sleep routine, eating a healthy diet rich in vitamins and minerals, engaging in regular exercise, and addressing social media use. Additionally, reducing stress through mindfulness and achieving a better work-life balance are crucial. For those experiencing prolonged fatigue, consultation with a healthcare professional is advised.