**5 Surprising Things That Zap Your Energy**

In the fast-paced society, you need to be at the top of your energy level to deal with the many challenges that you face during the day. However, many factors can leave you feeling like you're running on empty. The more you push yourself beyond your energy reserves, the more you are putting your health at risk. If you want to be at your highest level of performance, here are five pitfalls to avoid.

## Dehydration

Even mild dehydration will slow down circulation in your body, depriving your muscles of much-needed oxygen. This can, in turn, significantly deplete your energy reserves. Severe dehydration can leave you feeling nauseous and entirely out of commission. To keep from becoming too dehydrated, be sure to drink plenty of water throughout the day.

## Sugar

Sugar is an incredibly addictive substance and can be found in just about every processed food. While it can make you feel energetic shortly after consuming it, it also makes your insulin levels rise before quickly dropping off. This sudden dip in your blood sugar will leave you struggling to concentrate and stay on your feet. To avoid a sugar crash, try to stick with eating unprocessed foods and avoid foods with added sugar.

## Poor Sleep

When you don’t get enough sleep, you can’t be at your best. Sleep deprivation can impair your memory, alter your mood, increase your risk of chronic illnesses, like heart disease and diabetes, and cause you to gain weight. Try going to bed an hour earlier at night if you find that you are sleep-deprived.

## Stress

One of the leading causes of depleted energy is stress. When your body responds to stress, adrenaline courses through your body, and cortisol levels spike. When you have ongoing stress, all of your body’s systems are affected including your cardiovascular system and immune system, leading to your energy reserves becoming chronically depleted.

## Spending Too Much Time Inside

Being cooped up inside all day, without sunlight and fresh air, you will likely find yourself fatigued. Often the air indoor is stuffy and infused with toxins like chemicals from synthetic materials and air fresheners. Artificial lighting can also deplete your energy and may cause you to have trouble falling asleep, and wake up still drained.

Many things in your life could be affecting your energy levels. However, starting with the above five areas is a great way for you to start feeling more alert and refreshed and ready for the day.