

Many of us are tired simply because we don't get enough sleep—but if you're logging 7.5 in the sack and still feel zonked, there could be something else to blame, says New York City–based psychiatrist Tara Brass, M.D. Specifically:

ENERGY ZAPPER #1
A Slow Thyroid

When thyroid levels are low, your body's fuel system falters, and you feel sluggish. If your symptoms include not just fatigue but dry skin, constipation, hair loss and weight gain, ask your doc for a blood test.

ENERGY ZAPPER #2
Carbs, Carbs and More Carbs

Eating too many processed carbs and sugary drinks late in the day can make your blood sugar levels crash at night. The next



Wake up happy—yes, it's possible!

morning, explains Los Angeles internist Melina Jampolis, M.D., you wake up tired—and craving more carbs. A carb-filled breakfast continues the pattern. Instead, start (and end) your day with whole grains, low-fat dairy and a serving of protein (such as eggs or peanut butter).

ENERGY ZAPPER #3
Not Enough Iron

Iron is essential for forming red blood cells, the oxygen carriers in your

blood. Without enough of it, you're almost starving your body of oxygen. Boost your iron stores with deep-green leafy vegetables or lean red meat, says Jeffrey Silver, M.D., an internist at Beth Israel Deaconess Medical Center in Boston. And take a daily multivitamin for insurance.

ENERGY ZAPPER #4
All Those Digital Devices

Computer and TV use before bed can significantly decrease the quality of your sleep, making you feel less rested the next day. Step out of the 24/7 info stream an hour before hitting the hay, suggests Dr. Brass. (Reading, per se, isn't the problem. It's the light, and the fast flow of data, you don't want.) The world will still be there tomorrow. —Susan Israel

HEALTH ANSWERS, PLEASE!

From JoAnn E. Manson, M.D.



Sometimes after a concert, I can't hear as well out of one ear. Is the damage permanent?

—J.M., Dallas

It could be. You've likely overstimulated hair cells in your ears that transmit sound. Repeated exposure to loud noise (and that includes wearing earphones with the volume so loud you can't hear outside sound) can cause irreversible damage. It's odd, though, that you're experiencing this in only one ear; earwax may add to the problem, but see a doctor to be safe.

But the concerts I go to don't seem very loud.

Even moderately loud concerts can easily exceed 100 decibels (that's as loud as a chain saw) and could cause damage after just 15 minutes. Hearing loss in young people is rising at a troubling rate. My advice next time you go: Wear earplugs and don't stand close to the speakers.



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Women's Hospital, a professor of medicine at Harvard Medical School and a lead researcher on several women's health studies. Got a Q of your own? E-mail Dr. Manson at healthhelp@glamour.com.

Eat...more!

We do the calorie math for you



You Can Have This

Turkey club, restaurant-style (3 slices white bread, turkey, bacon, mayo, lettuce and tomato)

640 CALORIES, 33 GRAMS FAT



Or All This

Turkey BLT (2 slices whole wheat bread, 3 slices roast turkey, 2 strips bacon, 1½ tsp. mayo, lettuce and tomato), plus an apple and an oatmeal raisin cookie

640 CALORIES, 20 GRAMS FAT

SO REMEMBER: Most clubs have a third slice of bread, extra mayo and a giant meat portion. Opt for a turkey BLT; you'll get the bacon you crave—and a cookie, too. —Marissa Lippert, R.D.