

What is afternoon fatigue?

A sluggish and sleepy feeling that sneaks up on us post lunch.



Causes of afternoon fatigue

- Not enough sleep
- Dehydration
- Super heavy lunch
- Sedentary working style
- Body's natural response to the sleep-wake cycle



Simple hacks to beat it

- Take a post-lunch walk
- Skip coffee and sugary drinks
- Stay hydrated
- Step into the sun
- Switch to less tedious tasks
- Crank up the music



Wellbeing services that ensure employee productivity



Counsellors



Doctors



Nutritionists



Diagnostics



Pharmacy



Finance advisor



Newsletters



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Live classes



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