

Fatigue, on the other hand, is a deeper sort of an inability, either physical or mental, to do what you want to do, such as get to the grocery store.

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Somewhere in the middle is tiredness, a desire to rest that is less debilitating than fatigue and less dramatic than sleepiness. You can still be productive while tired.

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Whatever you call it, it's common. In a 2014 survey by the nonprofit National Sleep Foundation, 45 percent of adults said they had been affected by poor sleep or not enough sleep in the previous week.

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As many as 20 percent of people report excessive sleepiness on a regular basis. And, a National Safety Council survey reported in 2017 that 76 percent of people felt tired at work.

??20%????????????????????2017????????76%????????

