

## FRANCE - WORLD

### HEALTH

## Are we always so tired ?

■ One French out of three is tired and this state of fatigue is often related to a lack of sleep, according to an investigation published yesterday during the 7th National Day on sleep.

For the somnolent French, the beginning of afternoon would be the moment when tiredness is most important, whereas it is felt most in the evening for the whole of surveyed people.

Again according to this investigation, 17% of the French fall asleep in multiple circumstances. The irritability and the lack of energy are quoted as major consequences of this state.



Biological effects, consequences and auto-diagnosis of exposure to EMF from phone masts on sleep ([explanations](#)).

Sleep disorders : [The file of the scientific studies](#)