Finding the source of fatigue can be difficult, since so many of the things that make us feel tired and fatigued are connected.

For many people with arthritis, sleep problems because of pain and other factors, may be one reason they feel fatigued. Others may include poor diet, not enough physical activity and exercise. On the other hand, overworking either physically or mentally can also lead to low energy.

The main sources of fatigue include:

- Medications—some drugs may cause drowsiness, loss of concentration and light-headedness
- Poor diet or hunger
- Overdoing things or carrying on with activities for too long
- Weak muscles—due to pain or joint problems can cause muscles to become weak, which makes it harder for the joints to work
- The disease itself is using up energy—Inflammation during the disease process
- The physical and emotional effort used to manage pain can drain energy
- Not enough sleep
- Emotional issues such as depression, stress and anxiety

arthritis.ca