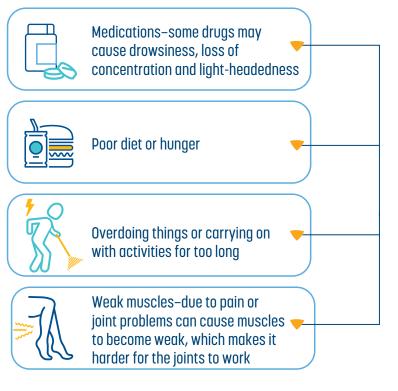
## SOURCES OF FATIGUE

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:

