

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:



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