

A Guide for Patients and Families

Tips on Managing Fatigue

Overview

Fatigue means feeling weak and tired all the time, even after resting or sleeping. Being tired all the time makes you unable to do your normal activities. It affects how you feel about yourself and this can impact your personal and social lives.

Fatigue may be the result of your illness, treatment, and other things like anaemia (low red blood cell count). Having other symptoms such as pain, breathlessness or poor sleep can also make you feel tired.



Eating and drinking well will help you keep your energy levels up.



Plan and pace your daily activities. Do important activities first at the start of the day.



Exert yourself less during activities by keeping things within easy reach.



Be as active as you can. Try simple exercises for 15 to 30 minutes every day.



Take time to rest. Short naps during the day may help you feel more energetic.



Practice good sleep hygiene and have a good bedtime routine.



Ask others for help in tasks that you find difficult.



Speak to your doctor if you need advice on managing fatigue, or if you are having other symptoms such as pain or breathlessness which make you feel tired and weak.