

COMMON REASONS FOR FATIGUE

CHECK OFF ANY THAT YOU WISH
TO INVESTIGATE

- ☐ Some medications can cause fatigue, including those for anxiety, blood pressure, allergies
- ☐ Medical conditions, including apnea, hypothyroidism, anemia, concussion
- ☐ Not allowing some time to be fully awake before deciding on level of fatigue. The initial feeling upon awakening is called "sleep inertia" and lasts 20-30 minutes upon waking.
- ☐ Dehydration
- ☐ Caffeine or blood sugar crash
- ☐ Stress or anxiety
- ☐ Depression or grief
- ☐ Pain
- ☐ Obesity
- ☐ Boredom
- ☐ Alcohol use, especially in evening
- ☐ Physical activity -- too much or too little
- ☐ Eye strain, such as with a lot of screen time
- ☐ Infection, like candida or UTI

