

# Fatigue

**Fatigue** is a feeling of tiredness and exhaustion that doesn't stem from a specific activity, makes it feel impossible to move, and does not improve with rest. It is important to understand that fatigue and tiredness are two very separate feelings. Approximately 50% of people who live with Parkinson's report that fatigue is a major problem in their daily life. The full cause of fatigue in Parkinson's Disease is currently not understood.

## **Fatigue May Be Related To:**

- the timing and dosage of medications
- tremors, stiffness, and involuntary movements can cause stress on your muscles and cause them to work harder. This constant movement and work can increase fatigue levels.
- Slowness of movements can lead to Increased time needed to complete tasks. The longer a task takes to complete, the more fatigue your body and mind will feel.
- high levels of stress can increase fatigue

## **Tips for Decreasing Fatigue**

- Talk to your care team about your fatigue levels, they may feel the need to increase your Parkinson's medications
- Daily exercise can decrease feelings of sluggishness and can give you a boost of energy
- Take a short daily nap
- Drink caffeine like a small cup (8 ounces) of coffee per day
- Eat balanced meals
- Participate in social activities