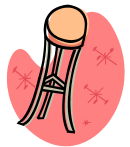


Tips to Manage Fatigue



Energy Conservation Tips

- Sit to complete tasks whenever possible: prepare meals sitting at the table, use a tall stool to wash dishes, use a shower chair when getting washed up.
- When standing, lean against a countertop or wall to take weight off your feet.
- Practice proper body movements. Avoid unnecessary bending, twisting, and reaching.
- Slide objects to move them instead of lifting and carrying them.
- Use electrical appliances to complete a job.
- A wheeled cart or bag can be used to transport objects.
- Use both hands when possible. Use pieces of rubber shelf liner to prevent plates from sliding. Wedge mixing bowls into a drawer in order to stir with both hands.
- Use a hands free device to talk on the phone.
- Use paper plates and plastic cups instead of ceramic or glass.
- Use prepared meals. Check with your local grocery store to see if they will deliver groceries.



Prioritize and Plan

- Eliminate or reduce tasks that aren't that important to you.
- Delegate tasks to friends or family members who offer to help.
- Consider hiring cleaning or lawn care services to reduce the work you have to do.
- Keep your commonly used items in easily accessible places.
- Gather everything you will need to complete a task before starting so it is in one place.
- Cook larger quantities and freeze or refrigerate extra portions for later.
- Take breaks when you need to.
- Schedule enough time to complete tasks. Rushing uses more energy.
- Try keeping an activity journal to identify what times of day you have the most or least energy and what tasks you find especially fatiguing.





Sleep Tips

- Avoid caffeine, chocolate, nicotine, and alcohol in the evening.
- Keep a regular sleep schedule even on the weekends.
- Turn off the TV and computer at least 1 hour before going to bed.
- Use the bedroom for sleep and intimacy, not additional living and work space. Avoid watching TV, working, or reading in the bedroom.
- Establish a routine to help your body and mind relax and prepare for sleep. Try taking a bath, listening to music, or drinking a glass of milk.
- If you find it difficult to “turn your brain off”, try making a list of things you have to do the next day. This helps you feel confident that you won’t forget.



- If you feel pressured by watching the clock, turn it around.
- If you don’t fall asleep after 15 minutes, go to another room. Avoid stimulating activities and try again when you feel sleepy.