

Managing fatigue and getting a good night's sleep



Feelings of fatigue and tiredness can make it difficult to get through the day, and can affect your social life, mental health and workplace productivity. Luckily, there are some ways to help beat fatigue, stay alert and feel well rested.^{1,2}

If you're concerned about fatigue, please speak to your doctor or nurse to discuss other factors that could be impacting your quality of sleep.

The importance of sleep

Poor sleep can lead to fatigue, so getting a good night's rest is very important. Improving sleep hygiene could help improve sleep quality.¹⁻³

Late nights and daytime naps can disrupt the body's natural day/night cycle and sleep patterns.^{4,5} Try to develop a regular bedtime and wake up time to get the body into a routine.

Below are some ways to improve sleep hygiene.



Winding down before bed¹

- Aim to wind down an hour before going to bed – a warm bath can help to do this
- Putting away all electronic devices at least 30 minutes before sleeping may help to avoid any stimulation and distractions



Reducing your evening caffeine^{1,6}

- Try to not drink coffee, tea or any caffeinated soft drinks (including energy drinks) in the evening. Alternately, choosing the decaffeinated versions of these beverages is an option
- Try to avoid drinking alcohol in the evening



Investing in a good bedding⁷

- High-quality cotton bedding can help you feel more comfortable



Adjusting your sleep environment⁸

- Making changes to your sleep environment may help you find the best environment for optimal sleep. These could include:
- Getting comfortable pillows and updating your blanket or doona to suit the season
- Making sure the room is as dark as possible before bed
- Wearing ear plugs if the room is too noisy
- Developing a regular bedtime at a reasonable hour

Other ways of dealing with fatigue

Fighting fatigue can be a challenge, but there are some ways to boost energy levels and lessen fatigue. Some of the following methods may work for you:



Exercising regularly^{9,10}

- Exercise can help in many ways – it can increase muscle mass, strength and flexibility, all of which boost energy and can help fight fatigue
- Doing as little as 30 minutes of light exercise every day can increase alertness and improve mood
- Talk to your doctor about which exercises might be right for you or learn more on our [exercise page](#)



Eating well^{9,11,12}

- Eat a healthy, balanced diet, rich in fruits, vegetables and lean protein
- Consider anti-inflammatory foods such as salmon or brown rice, and to find out more about inflammatory foods visit the [Diet page](#)



Taking a break

- Chronic conditions such as yours can reduce energy levels¹³ – frequent breaks and rest periods are an important way to fight fatigue
- Spread activities throughout the day and plan more strenuous tasks for times when you usually have more energy



Asking for help¹⁴

- Ask family members or friends to help around the house, or consider hiring a housecleaner to come to the house
- Speak to your doctor about other ways that fatigue can be managed if you are struggling
- Learn more about asking for help on our **Communicating and getting support** article

Always speak to your doctor before making changes to your health and exercise routine. Remember, if you have just started a new treatment for your condition, it may take some time for you to adjust to your new medication.

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