

# [Fatigue same time. other symptoms can be](https://assignbuster.com/fatigue-same-time-other-symptoms-can-be/)

Fatigue is the feeling of being tired. It is also known as lethargy orweakness. It causes lack ofenergy and motivation. This is different than drowsiness, which defines theneed of sleep. Often a person complains offeeling tired and it is up to the health care professional to figure out betweenfatigue and drowsiness, though both can occur at the same time. Other symptomscan be confused with fatigue including shortness of breath with and muscle weakness which happens during drowsiness aswell.  Allthese symptoms can occur at the same time. Fatigue can be a simple response tophysical and mental activity; in most normal individuals it is quickly satisfiedby reducing all the activity.

Fatigue is avery common complaint and it is important to remember that it is not a disease butmerely a symptom. The symptom of fatigue has a step by step onset and theperson may not be aware of how much energy they have lost until they try tocompare their capability to complete tasks from one time frame to another. Thismay cause a delay in seeking care.

It is true that depression and other unbalanceissues may be the reason for fatigue but the root cause could also be due tohidden physical illness. Fatigueis a challenging issue for doctors. It is more to physical problem rather thana psychological one. The following conclusion from a research paper on psychologicalfatigue highlights the need for a cooperation to be developed between doctorand patient for proper diagnosis.

Actually patients tend to view the problem asphysical while the doctors view the problem as psychological. Having well confirmedthat there is no physical problem, doctors may need to focus more on exploringideas and explanations when patients complain of being tired all the time. To overcome steady fatigue is by sleeping, which simply means to practice a good sleep hygiene and aim to go to bedand wake up at the same time each day. Make sure the room is dark and silent. Avoidscreen time an hour before sleeping, as the light and sounds from a TV orcomputer can stimulate brain activity, affecting sleep characteristic. Avoid eating within 90 minutes or 2 hoursbefore going to be. Having a warm bath and listening to some soothing music canhelp you clear your mind of stressful and worrying thoughts before going tosleep.

Keeping a sleep diary may help. Eatingand drinking habits can affect how tired we feel. Eat three regularmeals each day, at the same time each day. Avoid junk food and follow awell-balanced diet.

Try to regulate your weight, either losing weight or eatingmore, as appropriate. Spend plenty of fresh fruit and vegetables. Physicalactivities can help reduce fatigue. However, those who have not been physically active for some time should introduceexercise correctly and gradually. In Yamada electricmanufacturing they have place for their employees to take rest, eat and sit andtalk with others.

They also will give leave for the employee who feels reallylethargic to finish up work. It really helps the employees feel satisfied tothe company because they know the company is really taking care of them. Employers and supervisors should be distressedabout the shock of fatigue in the workplace as it can be considered a form ofdamage, making fatigue a workplace hazard. However, fatigue levels are noteasily to overcome it, and it is difficult to confine the effect of fatigue onaccident and injury rates. Factors that may influence fatigue are shiftrotation patterns, timing of tasks and activities, chance of resources, and theworkplace environment. Awareness and observation of changes inbehavior and the character is one method to identify fatigue. Causes offatigue are caused cost the most part by long hours of being awake. Othercauses include extended shifts, shift rotations (days and nights), andirregular or continua to sleep.

Workplace factors, such as the following, canalso increase feelings of fatigue: High temperatures High noise level, Dimlighting or poor visibility, Work tasks that are long, repetitive, paced, difficult, boring, or remain the same