

Fatigue same time.
other symptoms can
be



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Fatigue is the feeling of being tired. It is also known as lethargy or weakness. It causes lack of energy and motivation. This is different than drowsiness, which defines the need of sleep. Often a person complains of feeling tired and it is up to the health care professional to figure out between fatigue and drowsiness, though both can occur at the same time. Other symptoms can be confused with fatigue including shortness of breath with and muscle weakness which happens during drowsiness as well. All these symptoms can occur at the same time. Fatigue can be a simple response to physical and mental activity; in most normal individuals it is quickly satisfied by reducing all the activity.

Fatigue is a very common complaint and it is important to remember that it is not a disease but merely a symptom. The symptom of fatigue has a step by step onset and the person may not be aware of how much energy they have lost until they try to compare their capability to complete tasks from one time frame to another. This may cause a delay in seeking care.

It is true that depression and other unbalance issues may be the reason for fatigue but the root cause could also be due to hidden physical illness.

Fatigue is a challenging issue for doctors. It is more to physical problem rather than a psychological one. The following conclusion from a research paper on psychological fatigue highlights the need for a cooperation to be developed between doctor and patient for proper diagnosis.

Actually patients tend to view the problem as physical while the doctors view the problem as psychological. Having well confirmed that there is no physical problem, doctors may need to focus more on exploring ideas 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 bed and wake up at the same time each day. Make sure the room is dark and silent. Avoid screen time an hour before sleeping, as the light and sounds from a TV or computer can stimulate brain activity, affecting sleep characteristic. Avoid eating within 90 minutes or 2 hours before going to bed. Having a warm bath and listening to some soothing music can help you clear your mind of stressful and worrying thoughts before going to sleep.

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

Try to regulate your weight, either losing weight or eating more, as appropriate. Spend plenty of fresh fruit and vegetables. Physical activities can help reduce fatigue. However, those who have not been physically active for some time should introduce exercise correctly and gradually. In Yamada electric manufacturing they have place for their employees to take rest, eat and sit and talk with others.

They also will give leave for the employee who feels really lethargic to finish up work. It really helps the employees feel satisfied to the company because they know the company is really taking care of them. Employers and supervisors should be distressed about the shock of fatigue in the workplace as it can be considered a form of damage, making fatigue a workplace hazard. However, fatigue levels are not easily to overcome it, and it is difficult

to confine the effect of fatigue on accident and injury rates. Factors that may influence fatigue are shift rotation patterns, timing of tasks and activities, change of resources, and the workplace environment. Awareness and observation of changes in behavior and the character is one method to identify fatigue. Causes of fatigue are caused most part by long hours of being awake. Other causes include extended shifts, shift rotations (days and nights), and irregular or continuous sleep.

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