Lupus and Fatigue
by NEWLIFEOUTLOOK TEAM

The Wolf and the Sheep

The immunosuppressive drugs you are on should help you to feel less fatigued but the side effects of other drugs may allow fatigue to persist. Find out when you’re capable of performing energizing activities by creating a daily checklist to find out when you’re at your best. During these times, you should engage in exercise, which should eventually help to improve the fatigue that you experience. If you still experience fatigue, you might want to consider going to a sleep clinic to see if you’re having any issues sleeping during the night. It could be your mattress or it could be that the drugs you were prescribed wear off during the night, causing your symptoms to increase.
The Facts About Fatigue

What is Fatigue?

Fatigue is:
- Lack of energy
- verbal
- Not feeling well

Fatigue Can Affect:
- day, night
- people known
- well-being
- health status

Measuring Fatigue

NINE Questions, each rated on a scale of 1-7

Tips for Reducing Fatigue

1. Quality & Quantity of Sleep
   - ensure adequate sleep duration and quality
   - avoid caffeine and restrictive sleeping

2. Proper Nutrition
   - eat a balanced diet
   - include lean protein, complex carbohydrates, and healthy fats

3. Regular Exercise
   - incorporate regular physical activity
   - aim for at least 150 minutes of moderate-intensity exercise per week

4. Relaxation
   - practice stress-reduction techniques
   - use relaxation methods like deep breathing, meditation, or yoga

5. Balance Work and Personal Life
   - maintain balance between work and personal responsibilities
   - ensure adequate time for rest and relaxation

6. Avoid Drug Use
   - avoid excessive use of caffeine, nicotine, or any other drugs