

Fatigue



- Fatigue is one of the most common symptoms following a brain injury.
- It impacts all of your symptoms - decreasing concentration and memory; slowing processing; and increasing irritability; distraction; depression; anxiety and headaches.
- **Managing your fatigue is the key to your recovery.**



Why do I get fatigued?

- Your brain is trying to heal and continue to function at the same time. This means that your brain is operating less efficiently and it uses up more energy to perform simple everyday tasks.
- Your brain is working harder than usual to concentrate and remember things.
- Your balance and coordination may be reduced after your accident and you may need to concentrate more to move in a safe, coordinated way.
- You may have an interrupted sleep pattern, or your quality of sleep may be poor, so your brain isn't able to recharge as well as it usually does.
- You may be experiencing tinnitus which drains the brain's energy levels.
- Boredom and depression can also contribute to you feeling tired.



Sourced from ACC8319 Concussion Education Sheet



What can I do to reduce my fatigue?

- Have a regular bedtime and wake up time, aiming to get 8 -10 hours sleep each night.
- Plan your activities so that you get regular breaks during the day.
- Balance out high demand activities with low energy activities.
- Gradually increase your activity time using your symptom score as a guide.
- Do not “run your battery right down” as it will take longer to recharge.
- Listen to your body so that you pick up on the early signs of fatigue and stop before you are completely drained.
- Allow time for a rest during the day – late morning or early afternoon is best. You may find that you need two rests per day initially.
- Meditation and breathing techniques are often very helpful to use.
- Include low level physical activity in your day, using your symptom score as a guide.



Remember having a rest during the day is not showing weakness or age it is “investing in your recovery”

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