

FATIGUE WORKSHEET

Complete this worksheet to determine if certain times of day or activities trigger your fatigue. Record observations you have about when you feel fatigued and what other things are happening when you do, and check the actions you can take right now to improve your energy.

I feel fatigued most often:

- Early morning
- Late morning
- Early afternoon
- Late afternoon
- Evening

- My mood or emotional state seems to make me feel more fatigued.

How often does this occur? _____

Other situations I've noticed make me feel fatigued: _____

Lifestyle Changes

- Exercise to improve strength and endurance. This improves mood and reduces the energy required to do daily activities.
- Exercise when you feel good, such as when the effects of your medications are at their best. Pace yourself, though. Don't overdo it.
- Pay attention to your sleep habits. Use short naps (between 10 and 20 minutes) during the day, if needed. However, limit naps. Sleeping excessively during the day can actually increase your sleepiness and fatigue, as well as make it more difficult to sleep at night.
- Avoid post-lunch fatigue by keeping your mind active with games, puzzles or hobbies or taking a walk outside.



Dietary Changes

- Eat small, frequent meals instead of big, heavy meals. Don't skip breakfast. Be sure to get plenty of fluids.
- Snack on high-energy foods such as apples, oranges, pears, yogurt, walnuts, almonds, oats and whole-grain products. Avoid processed, high-sugar foods which can rob you of your energy.
- Caffeine can be helpful for midday fatigue or sleepiness if permitted by your doctor. Avoid caffeine after 3:00 p.m.
- See general dietary guidelines in the "Nutrition Self-Assessment" and in the "Diet and Nutrition" chapter in the **Living Well Now** section.

Treatment

- Take Parkinson's medications on time to avoid wearing "off."
- Avoid energy pills!
- See your doctor for a checkup. Anemia, malnutrition, sleep apnea, depression, thyroid and vitamin deficiencies can cause fatigue. Review your medications (prescription and over-the-counter) as some can cause fatigue and worsen daytime sleepiness.
- See an occupational therapist for energy conservation techniques and physical therapist or personal trainer for exercise guidance.
- Refer to the **Living Well Now** section for helpful tips on sleep, anxiety and depression. These are all problems that can reduce your energy levels.