Fatigue

**Cognitive Fatigue:** Feels like your brain ran out of energy and is no longer keeping up.

**Causes of cognitive fatigue:**
Anything that makes your brain work (e.g. listening, reading, talking)

**Ways to improve fatigue**

- Modify your environment to make it more energy efficient (reduce clutter, put things you use a lot close at hand).

- Know your best hours, when you have the most energy (plan more demanding tasks during your best hours).

- Schedule rest periods and breaks as needed. Rest could be a nap or it could also be to sit quietly, go for a walk or change activities.

- Maintain good sleep habits.

- Exercise as tolerated.