



{ yawn }

# 9 EASY WAYS TO REDUCE FATIGUE

## 1. SCHEDULE SLEEP

To help ensure a sound sleep, establish a consistent bedtime routine like taking a hot bath or shower, listening to music, or perhaps enjoying a warm decaffeinated drink—anything to help you relax. Also, it's important to remember not to get too much sleep—that, too, can leave you feeling fatigued.

## 2. DON'T LET THE SUN GO DOWN ON YOUR ANGER

Keeping negative emotions like stress inside will wear you down, so vent! Sharing the day's concerns and frustrations can lighten your load and even help you sleep better. Plus, you'll alleviate negative emotions, if you use your free time in restful and enjoyable ways.

## 3. EXERCISE DURING THE DAY

When it comes to physical activity, the trick is to do something you enjoy. It's equally important to set reasonable goals—you don't have to get in shape overnight.

## 4. SHED SOME BAGGAGE

It's not hard to figure out—excess weight requires more energy to carry, which can add to your exhaustion. If you're carrying a few extra pounds, lose the weight slowly with better nutrition and some exercise.

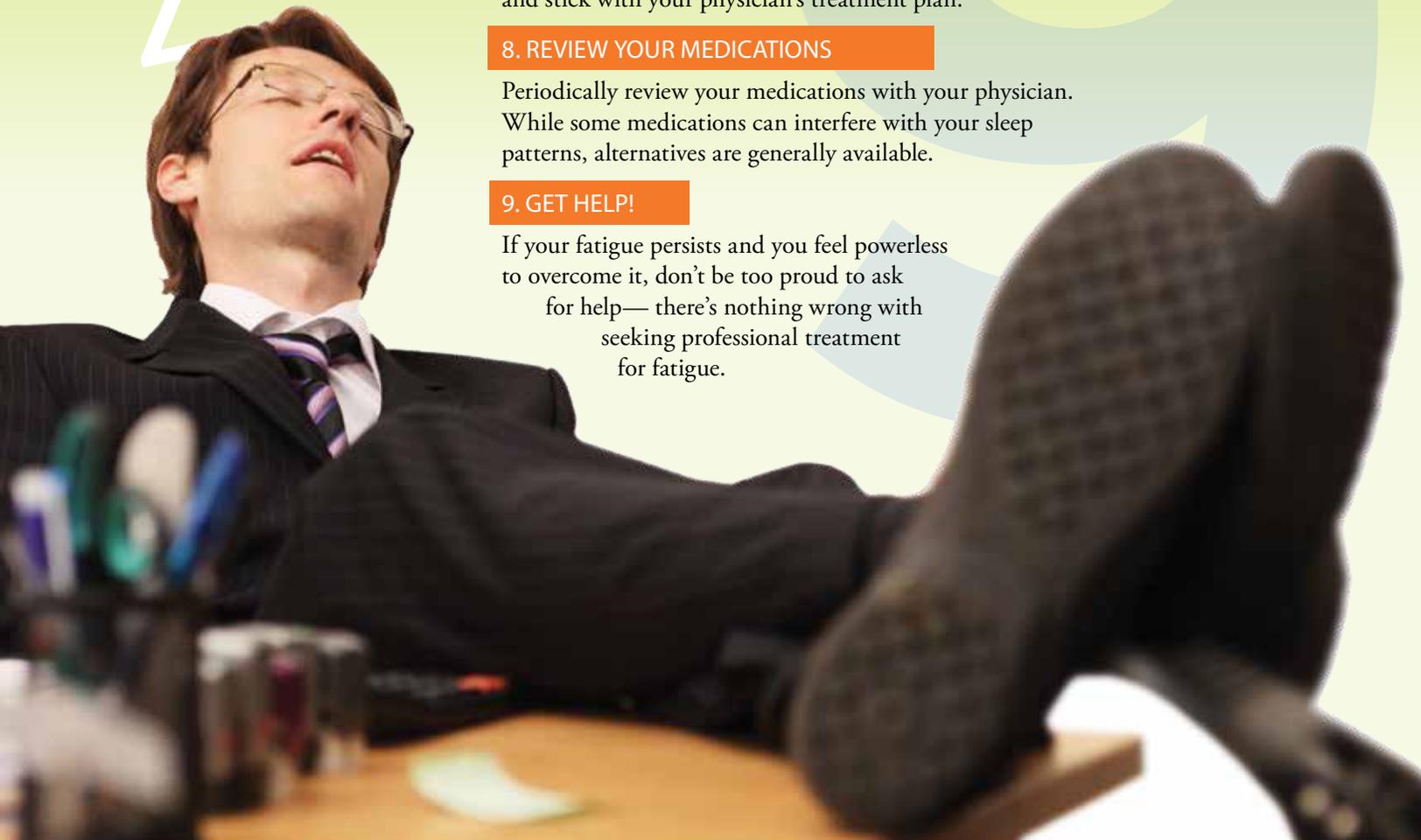
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### 5. SKIP THE NIGHTCAPS

If you regularly drink alcohol, try to stop or cut back—especially before bedtime. Contrary to popular belief, a “nightcap” does not lead to a restful night’s sleep. Caffeine should also be avoided for four hours before going to bed. And cigarettes... well, they’re never advisable.

### 6. EAT A BALANCED DIET

A well balanced diet helps to fight fatigue. Just remember that you don’t have to make HUGE sacrifices here, at least not initially. For now, while it’s never a good idea to go to bed hungry, cut out large or spicy meals late in the evening and try to eat a bit healthier throughout the day.

### 7. GET REGULAR CHECK-UPS

Conditions like high blood pressure drain much of our bodies’ natural resources, robbing energy in an attempt to combat disease. For this reason our bodies are forced to run less efficiently. The important thing here is to get regular check-ups and stick with your physician’s treatment plan.

### 8. REVIEW YOUR MEDICATIONS

Periodically review your medications with your physician. While some medications can interfere with your sleep patterns, alternatives are generally available.

### 9. GET HELP!

If your fatigue persists and you feel powerless to overcome it, don’t be too proud to ask for help— there’s nothing wrong with seeking professional treatment for fatigue.