

Fatigue: Why am I so tired!

College students are exposed to numerous factors that foster the development of fatigue-both physical and psychological.

Four Types of Fatigue

- Physiological: common response to stressors
- Physical: often caused by illness as well as physical activity
- Psychological: emotional illnesses and chronic stressors
- Mixed: Combination of factors

Treatment

- ✓ Regular Sleeping Patterns
- ✓ Keep Bed for Sleeping Only
- ✓ Avoid Prolonged Naps (Power Naps)
- ✓ EXERCISE 30 min. daily, but not 1-2 hrs. before bedtime
- ✓ Get 7-9 hours of sleep
- ✓ Common Sense

