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