

Common predisposing factors for attacks of fatigue include:

- Overdoing things
- Worry and stress
- Not keeping up with helpful strategies such as massage
- Stimulants: caffeine, sugar
- Diet high in processed foods
- Heat: e.g. hot bath

Why does fatigue occur?

There are a number of reasons why people with chronic illness such as arachnoiditis experience fatigue.

These include:

- Medication: sedating properties of some painkillers, especially if these are opiate painkillers (related to morphine). Antidepressants such as amitriptyline may cause daytime sleepiness as may long-acting sleeping pills
- Pain: interferes with the sleep/wake rhythm, disrupts appetite and causes immobility
- Depression: loss of energy

What are the consequences of fatigue?

Decreased activity - which may lead to loss of muscle tone and strength.

Structural and functional changes in muscles have been noted in persisting fatigue states.

Impaired thinking ability with reduced attention span.

Disrupted sleep/wake rhythm and insomnia