

Tiredness

Weakness

Lack of energy

Sleepiness

Terms used by the medical profession for different sorts of tiredness:

Fatigue: the tiredness felt by *normal* individuals after *vigorous exercise or prolonged intellectual work* with normal sleep/wake rhythm.

When relieved by restful sleep, this is not a pathological symptom.

Pathological fatigue: is therefore experienced by individuals who have some sort of medical condition, and who experience fatigue after *minimal physical or mental effort*, or fatigue that is not relieved by restful sleep.

Malaise: from the French word for 'not feeling well'. A non-specific term, it involves more than just tiredness.

Asthenia: is another term for pathological fatigue: that is, abnormally pronounced fatigue associated with illness.

In this article I shall be discussing pathological fatigue, (asthenia), which is quite different in intensity from normal fatigue.