



# The Facts About Fatigue

by NEWLIFEOUTLOOK TEAM

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## Understanding the Fatigue MS Brings

There are a few types of fatigue associated with MS. If your MS symptoms are disrupting your sleep at night, or if your daily activities require a lot of effort due to your reduced mobility, you may be fatigued because of these things.

However, there is also another kind of fatigue that affects MS patients, which is not related to the amount of sleep you get or your level of activity or stress.

Not all treatments for regular fatigue will work for this type of fatigue, which can strike even after a good night's sleep. But there are steps you can take to mitigate it, including keeping cool, resting regularly and dealing with stress.

Read our MS fatigue infographic below for more tips on coping with fatigue.

