



Feeling Tired

Some people with Hep C say they feel tired a lot. The medical term for this is fatigue.

There are many things that can cause fatigue: not getting enough sleep; or the sleep you get isn't the kind that you wake up from

feeling refreshed. Having Hep C can also make you feel tired. Things like stress, depression, pain, other illnesses, taking certain drugs and drinking alcohol can also cause fatigue. Poor diet, not drinking enough water, and lack of exercise can make you feel tired.

Here are some suggestions to help combat fatigue:

- Talk to your doctor. Make sure you don't have another health problem.
- Avoid or reduce alcohol and non-prescribed drug use.
- Find ways to relax.
- Ask for help.
- Try to rest before you get too tired.
- Spend 5 or 10 minutes in the sun.
- Practice deep breathing for a minute whenever you feel tired.
- Drink lots of water. A half to a whole gallon a day is about right for most folks.
- Try to eat the healthiest foods you can. Fruits, vegetables and nuts are good choices.
- Try some light exercise every day. Start with 10 to 15 minutes one or two times a day. You don't even have to do this all at once. A 5 minute walk is better than no walk at all.
- Take short naps – no more than 20 minutes and not close to bedtime.
- Take a shower. Change water temperatures from hot to cold.