



Lupus and Fatigue

by NEWLIFEOUTLOOK TEAM

The Wolf and the Sheep

The immunosuppressive drugs you are on should help you to feel less fatigued but the side effects of other drugs may allow fatigue to persist. Find out when you're capable of performing energizing activities by creating a daily checklist to find out when you're at your best. During these times, you should engage in exercise, which should eventually help to improve the fatigue that you experience. If you still experience fatigue, you might want to consider going to a sleep clinic to see if you're having any issues sleeping during the night. It could be your mattress or it could be that the drugs you were prescribed wear off during the night, causing your symptoms to increase.

