



Battling Fatigue and Pain

by NEWLIFEOUTLOOK TEAM

Connecting Fatigue and Pain

One major contributor to fatigue in chronic pain is sleep quality. When you're in pain, it's impossible to get comfortable. You can help by keeping a regular sleep schedule, keeping your room dark and quiet, and the comfort of your mattress and pillow might even help. Try out mattresses in a store to see if there's one that feels very gentle against your body. You should also choose a pillow for the way you find you sleep the best. You should be sleeping on your side or back, since sleeping on your stomach can cause other issues.

