Fatigue – Reasons, Risks and Outcomes

REASONS:

Reduced Sleep
Duration
& Quantity

2. Jet Lag / Shift Work 3. Poor Sleep Hygiene 4 Hormone Changes

RISKS:

Cognitive

Impaired
Performance

Occupational Accidents

Mental

Depression
Anxiety
Suicide Risk

Metabolic

Obesity
Type 2 Diabetes

Cardiovascular

Hypertension
Coronary Heart Disease
Arrhythmia
Heart attacks
Stroke

Gastrointestinal

Altered Gut Microbiome Irritable Bowel Syndrome Irritable Bowel Disease Gastric Ulcers

Chronic pain

Pro-inflammatory Cytokines

Fibromyalgia

Chronic Back Pain

Neurological

Migraine
Alzheimer's Disease
Multiple sclerosis

Gynecological

Pre-menstrual Symptoms and Irregularity

Worsened Menopausal Symptoms

Endometriosis

Reproductive

Miscarriage Pre-term Birth Infertility

Cancer

Breast
Colorectal
Prostate

OUTCOMES:

Increased Work Absence
 Reduced Efficiency
 Reduced Ability to Meet Daily Demands
 Reduced Quality of Life
 Significant Financial Cost

