

Running on empty

SOT

Dr. Aminat Ogun (pronounced AH-mee-naht // OH-gun)
OSF HealthCare family medicine physician

"It is challenging, for sure. Feeling that intense fatigue day to day for normal activities that other people can tolerate." (:07)

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"If you've done any mental or physical activity and you have that sudden onset of feeling fatigued and very tired." (:07)

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"If you've had six months of these symptoms with moderate to severe intensity at least half of the time. It's through history taking. When you see your primary care provider, they ask questions. That's how it's diagnosed." (:15)

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OSF HealthCare

"Go away from screen time a couple hours before sleep. Don't exercise right before sleep. That can also affect your sleep pattern." (:10)