

Running on empty

Run time - :24

ANCHOR LEDE

Feeling tired all the time no matter what you do? Is it making it difficult to enjoy life? You might want to talk to your health care provider about chronic fatigue syndrome. Experts say it's a tough ailment to live with and a tough one for science to grasp, but there are ways to ease the symptoms. Tim Ditman of OSF HealthCare has more.

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OSF doctor Aminat says there's no cause or test for CFS. Rather, providers will ask you about symptoms and recommend medicine, counseling or lifestyle changes. Improved sleep habits are one thing that goes a long way.

\*\*\*SOT\*\*\*

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

**"Go away from screen time a couple hours before sleep. Don't exercise right before sleep." (:06)**

I'm Tim Ditman.

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ANCHOR TAG

There's no "one size fits all" for how long symptoms will last. So it's important to stay in contact with your provider.