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Dec 18, 2025 · After a trip, a long day with family or the occasional late night, it's common to feel tired or a bit sluggish. But fatigue — constant exhaustion, tiredness, and a lack of physical and mental energy ... Many conditions, disorders, medications and lifestyle factors can cause fatigue. Fatigue can be temporary, or it can be a chronic condition (lasting six months or more). You may be able to quickly ... Nov 3, 2025 · Explore the causes of fatigue, its symptoms, and treatments. Find out how to boost energy and improve your well-being. Apr 18, 2023 · Fatigue is a term used to describe an overall feeling of tiredness or a lack of energy. Learn about over 30 possible causes, from stress to taking certain medications. Nov 12, 2025 · Fatigue is a lingering tiredness that is constant

and limiting. With fatigue, you have unexplained, persistent, and relapsing exhaustion. It's similar to how you feel when you have the flu or... Mar 19, 2025 · If fatigue does not go away, it might be a sign of something serious. From vitamin deficiencies to chronic diseases, here are 14 causes of weakness. Feb 20, 2026 · Most of the time fatigue can be traced to one or more lifestyle issues, such as poor sleep habits or lack of exercise. Fatigue can be caused by a medicine or linked to depression. Fatigue is a state of being without energy for a prolonged period of time. [1][2] The word fatigue is used in two contexts: in the medical sense, and in the sense of normal tiredness. Fatigue can be a normal and important response to physical activity, emotional stress, boredom, or lack of sleep. Fatigue is a common symptom, and it is usually

not due to a serious disease. But it can be a ...
Jul 1, 2025 · Fatigue refers to a common mental or physical state of extreme tiredness and lack of energy. Learn more about the causes and treatments here.

14 common causes of weakness and tiredness | HealthShots

Fatigue: Causes, Diagnosis, Treatment & More - Healthline

Fatigue - Wikipedia

Fatigue Causes - Mayo Clinic

Fatigue: Why am I so tired, and what can I do about it?

Fatigue: Causes & Treatment - Cleveland Clinic

Should You Be Concerned About Your Fatigue? - Verywell Health

Fatigue: MedlinePlus Medical Encyclopedia

Fatigue and Exhaustion: Causes, Symptoms, and Treatment - WebMD

Why you're always tired: Home remedies for fatigue

Fatigue Analysis Using Sacs

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