

COMMENTARY

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Tired All The Time: A Chronic Fatigue Syndrome

Sai Krishna Gudi¹, Komal Krishna Tiwari², Sai Teja Thatikonda¹, Rama Krishna Chaitanya Kota¹,
Krupa sagar Yarlaga¹

¹Department of Pharmacy Practice, JSS College of Pharmacy, Mysore-570015, Karnataka, INDIA.

²Department of Physiotherapy, JSS College of Physiotherapy, Mysore-570015, Karnataka, INDIA.

Received: 06 January 2016 ;

Accepted: 02 February 2016

*Correspondence to:

Sai Krishna G,
JSS College of Pharmacy,
Mysore-570015, Karnataka,
INDIA.

E-mail: sknanu06@gmail.com

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ABSTRACT

The pressure of contemporary life is putting more strain on families, especially for couples that work. With the decline of the extended family support system and the reduced availability and affordability of domestic help, youngsters are struggling hard to keep their heads above the grimy water of daily chores. Recent researchers have found that one out of every ten people suffers from tired all the time (TATT) syndrome and the percentage of women affected by this syndrome are more than men because they have to do multi-tasking which leaves them feeling tired all the time.

Key words: Contemporary life, Youngsters, TATT syndrome, Multi-tasking, Strain on families, Domestic help, Struggling hard, Daily chores.

INTRODUCTION

Hectic schedules and high stress levels are making professionals skip from their daily sleep. In call centers in the various cities, the whole biological clock goes for a toss. The determination to stay ahead in the race, pressure to meet targets are all driving us to work for longer time without getting enough rest. Lifestyle causes like disturbed sleep patterns can worsen the person, suffering from TATT syndrome. Insufficient sleep is one of the major causes of this TATT syndrome. TATT is not about the feeling of tiredness. It is a mix of other psychiatric symptoms that leads to chronic fatigue syndrome: ^[1] Feeling sleepy/tired throughout the day, lack of energy to do work, loss of motivation, poor concentration on things to do, having difficulty in making decisions, facing difficulty in carrying out daily work and feeling sad/low without any sense.

CAUSES OF TATT

There are several underlying causes that trigger the TATT syndrome. A clear understanding of the causes will help overcome them and stay free of TATT.^[2]

- Improper dietary habits can lead to TATT syndrome, like not drinking enough water, consuming very little protein, too much or less of carbohydrates, relying on caffeine, irregular timing meals and not having a balanced diet.^[3]
- A sedentary lifestyle, working for the whole day in front of the computers and hardly get no time to sleep.
- Sleeplessness, more than anything else which contributes to exhaustion.
- Too much stress will release adrenaline, which in turn keeps you awake and leads to restlessness. Stress sucks energy and raid mental peace and ultimately leads to TATT syndrome.

RISK FACTORS OF TATT SYNDROME

- 1. Anemia:** The mechanism behind anemia causing tiredness is due to lack of red blood cells, which brings oxygen from lungs to tissues and cells in the body.^[4]
- 2. Thyroid Disease:** Hyperthyroidism causes fatigue and weakness in the muscles of the body, which can be seen first in the thighs. Hypothyroidism causes muscle soreness, fatigue even with minor activity.^[5]



3. Diabetes: Glucose is the fuel that keeps body running. In people with type 2 diabetes, they can't utilize body glucose properly, which cause it to build up in the blood. Without proper enough energy to keep the body working smoothly, people with diabetes often notice fatigue/tiredness as one of the first warning signs.^[6,7]

4. Depression: Depression is a major primary illness that affects the daily habits of the humans like sleeping, eating, etc.; by the way all don't feel depression in the same manner. But commonly, depression can cause decrease in body's energy, changes in daily routine patterns of an individual, facing problems with cognition and concentration, and feelings of negativity, hopelessness, worthlessness.^[8,9]

5. Chronic Fatigue: Individuals who suffer from Chronic Fatigue Syndrome feel too tired to carry on with their daily normal activities and get easily exhausted with little action of work activity.^[10]

6. Sleep Apnea: Sleep apnea is a disorder characterized by brief delay of breathing during sleep. In sleep apnea, upper airway actually closes for a few seconds, which will alerts the brain to wake you up to begin breathing again. Sleep apnea is often generally followed by tiredness in the next day.^[4]

PRESENTATIONS OF TATT PATIENTS

- Presence of physical illness or mental illness
- Sleep apnea
- Focal neurological signs like impairment in nerves and spinal cord
- Inflammatory conditions like arthritis, vasculitis or connective tissue diseases
- Weight loss

DIFFERENTIAL DIAGNOSIS FOR TATT SYNDROME

- Obstructive sleep apnea
- Treatment with drugs like sedatives; caffeine withdrawal
- Depression
- Obesity
- Other psychiatric disorders

COPING-UP STRATEGIES TO OVERCOME TATT SYNDROME^[11]

A few changes in daily routine life can make a huge difference in handling TATT syndrome. Following lifestyle changes can beat TATT syndrome.

- Try to stop the things which seem to trigger your tiredness. For a few days write down the things which makes you feel tired, then look over this list to find out which of your daily activities are tending you tired out.
- Regular exercise and yoga can keep you fresh and healthy and increase your body energy levels. Too much exercise also can leads to tiredness.
- Meditation will definitely works in TATT patients because it balances the energy, calms the mind and relaxes the body.

PRECAUTIONS TO BE TAKEN FROM TATT SYNDROME

- Drink plenty of water
- Reduce caffeine intake particularly coffee
- Avoid drinking alcohol
- Eat regular meals and healthy food. Avoid skipping meals since it can make tiredness much worse
- Regular moderate exercise, such as walking, cycling, and swimming can help you feel fresh and less tired
- Losing weight will help in obese patients
- A good sound night's sleep is very essential. Avoid having naps during day time
- Practice or do the thing which helps you to relax and keeps you fresh

MANAGEMENT OF TATT SYNDROME^[12-14]

1) Rule out a treatable medical condition:

Research has not yet identified a single cause for TATT, so before starting any effort to boost your energy, it's important to rule out a treatable medical condition.

2) Make sleep, as your first priority:

Establish a bedtime routine to maximize your success in getting 7-9 h of good quality sleep. Create a relaxing and inviting bedroom environment with a comfortable bed where electronics and ambient light are banned. You should also avoid stimulants such as caffeine or television at night and energy-zappers like large meals and alcohol that could interfere with a refreshing sleep.

3) Fuel yourself efficiently:

Proper nutrition spread throughout the day can enhance your energy while keeping your blood sugar and insulin levels consistent. Mini-meals can be a great option for people on the go, but be aware of portion sizes to avoid

weight gain, and if you need to snack, choose a fiber and protein combination to give you an energy boost that lasts.

4) Don't let dehydration derail your day:

Fatigue is one of the first indicators of dehydration, which can affect your mood, decrease concentration and cause headaches. Lack of fluids can also create a drop in blood volume that forces your heart to work harder when pumping oxygen and nutrients to your brain, skin, and muscles.

5) Get into the work-out:

Exercise naturally boosts energy, reduces stress, and improves sleep. Moderate daily exercise such as gentle stretching or walking invigorates the body and mind, and can help maintain balance, strength, and flexibility. Be sure to avoid exercising before bed, as the stimulation can interfere with your sleep.

6) De-stress yourself:

Stress affects your body in a variety of ways, which can include irritability, insomnia, tension headaches and depressed immune function. Identifying stress triggers and developing effective coping mechanisms can help you cultivate a peaceful, positive attitude that will allow you overcome challenges that would otherwise beat you into exhaustion.

CONCLUSION

TATT syndrome is a disorder which is characterized by extreme weakness and tiredness, and it is often unexplained by any medical condition. TATT syndrome is not just around being tired. People who are affected by this syndrome tend to feel so tired followed by fatigue and it interferes with their daily activities. TATT syndrome is unlikely to be caused by a single agent. Findings till date suggest that physical and mental factors work together to predispose an individual to the illness. The assessment and treatment of TATT syndrome should be based on the needs

of the individual patient.

CONFLICT OF INTEREST

NIL.

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Cite this article as: Sai Krishna G, Komal Krishna T, Saiteja T, Krishna R, Chaitanya K. Tired All The Time: A Chronic Fatigue Syndrome. *J Pharm Pract Community Med*. 2016;2(2):32-34.