

What can I do about feeling tired?



Things I can do with my family

Some patients have found these strategies helpful:

- Maintaining a daily routine, even when in hospital
- Getting a good night's sleep. See [Sorting out your sleep routine](#)
- Being active by going for a walk or playing. See [Physical activity](#)
- Eating regularly and having a balanced diet. See [Canada's food guide](#)

Things I can do with my care team

After discussing your SSPedi score and symptoms with your care team, they may:

- Give you tips to improve your sleep ([Sorting out your sleep routine](#)), nutrition ([Canada's food guide](#)) and physical activity ([Physical activity](#))
- Order a blood transfusion if your red cells or hemoglobin are low
- Review your medications to see if you are taking some that can make you feel tired
- Suggest meeting with someone who can help teach you strategies for managing feeling tired such as relaxation or mindfulness

When should I contact my care team?

Remember that SSPedi scores are not monitored 24/7. Please call your care team if you:

- Are so tired that you cannot get out of bed
- Have shortness of breath or your skin colour is looking more pale