



## What Can I Do about Fatigue?

by NEWLIFEOUTLOOK TEAM

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### The Facts about Fatigue for Addiction

If you have fatigue, it might be because of the drugs or even alcohol you're taking. Stimulants such as methamphetamine and cocaine can cause you to stay up longer than you intend and the chemicals can continue to interrupt you during sleep. Sedatives will naturally fatigue you, since that is what they are supposed to do. Alcohol starts off as a stimulant, which might make you feel high in energy but it becomes a depressive, which causes you to feel tired. To get help for a substance abuse problem, tell someone right away. If you think you might have a problem, chances are you do. You should seek help immediately. You can get started by telling a friend or a doctor that you think you might have a problem.

