

What Chronic Fatigue Syndrome feels like, and signs you may have it?



Chronic fatigue syndrome (CFS) “is a serious, long-term illness affecting many body systems” and causes extreme fatigue. No single test can confirm its diagnosis as it needs various medical tests to rule out other health problems with similar symptoms.

CFS symptoms

Possible symptoms include “extreme exhaustion after physical or mental exercise, problems with memory or thinking skills, dizziness that worsens with moving from lying down or sitting to standing, muscle or joint pain and unrefreshing sleep.”

Treating CFS

As there’s no single test to diagnose CFS, the Mayo Clinic recommends seeing your doctor if you’re experiencing “persistent or excessive fatigue” to treat and manage the symptoms.