

Tiredness (Fatigue)

Tiredness can stem from the cancer itself or from the effects of treatment, and many people find their energy gradually improves once treatment ends. Low energy can also be linked to not eating or drinking enough, and sleep can be disrupted by worry or anxiety.

Symptom Management

What can I do?

- Continue to drink adequate amounts of fluid – approximately eight glasses a day.
- Walking or light exercise within your physical capabilities each day can improve fatigue. Please allow yourself time to recover and to slowly return to your usual activities.
- Keep your bedtime habits consistent from night to night.
- Avoid things that can keep you alert at night, like smoking, drinking alcohol, sweet drinks, caffeine or screentime.
- Try not to nap for longer than 30 minutes.

When to call The Royal Marsden Hotline:

- If your fatigue or tiredness has significantly increased since your last review and you are now confined to a bed or chair for more than 50% of your waking hours.

Contact us



The Royal Marsden Hotline: 020 8915 6899
(available 24 hours a day, 7 days a week)

