

# What is neurofatigue – and how can you manage it?

Neurofatigue is a term that refers to symptoms people with neurological conditions often experience. It's sometimes referred to as "brain fog."



## Neurofatigue can feel like...

- Difficulty concentrating
- Trouble with memory
- Slower thinking
- Being easily distracted
- Overwhelming tiredness (physical or mental)
- Sensory overload
- Needing more time to recover from activities



## Neurofatigue can happen because of...

- Problems with how brain cells communicate or use energy
- Inflammation in the brain or body, which makes the brain work less efficiently
- The brain working extra hard to process sights, sounds, and social situations



## Neurofatigue is common with these diagnoses...

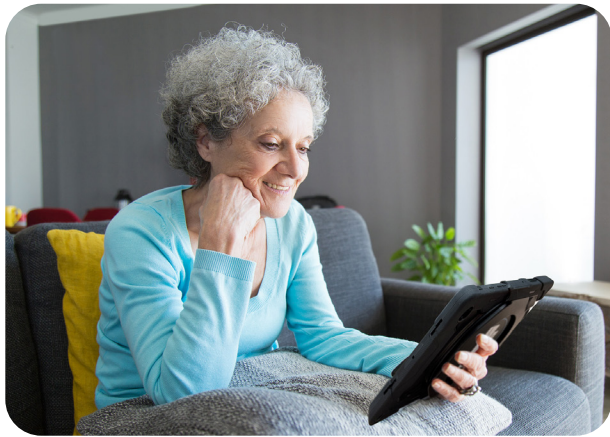
- Stroke
- Brain injury or brain tumor
- Primary progressive aphasia (PPA)
- Parkinson's disease and Parkinson-plus syndromes
- Multiple sclerosis
- Autism
- Huntington's disease

## Neurofatigue can impact your communication, too.

Speaking can zap your energy — leading to neurofatigue. When you're working hard to make yourself understood or are asked to repeat yourself often, talking can be exhausting.

Neurofatigue can be overwhelming — which makes talking feel impossible. Some people experience trouble speaking only at certain times, like when they are tired, sick, or in a stressful situation.





## 3 quick tips to manage neurofatigue

- 1. Keep track of your energy.** Notice what time of day you're feeling the best and tackle your most important tasks then. Keeping a log of your personal "fatigue triggers" can help you avoid pushing yourself too hard.
- 2. Take breaks.** If you're feeling overloaded, give yourself time to rest. You can return to whatever task you were working on after a break.
- 3. Get good sleep.** Sleep is necessary for recharging your brain and body — and that's extra important if you are experiencing neurofatigue.

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### You deserve to feel understood — even when neurofatigue makes it difficult to speak.

When speaking becomes too hard, a communication device can help you share what's on your mind without draining your energy.



A communication device can:

- Serve as a "backup voice" during moments when it is difficult for you to speak
- Help you get through stressful situations or talk with people who don't know you well
- Ensure you have a way to make yourself understood at all times

**Ready to learn more about communication devices and neurofatigue?**

## Lingraphica is here to help.

Our devices are easy-to-use tablets designed to make communication simple. We also provide free, personalized tech and training support for every device user.

**Give us a call at 877-726-5109 or learn more online at [lingraphica.com](https://lingraphica.com).**

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