



Is Fatigue Common in Asthma?

by NEWLIFEOUTLOOK TEAM

The Battle Against Fatigue

Airway obstruction limits the amount of air that is able to get into your system and get to the muscles that need it, which can cause the fatigue in your asthma. Avoiding triggers of asthma will help to keep your airways clear. Keep a tracker on your phone that you can easily record any situation you're in that you experience your asthma. If your asthma is exercise-induced, you should build up your resiliency to exercise over time and use your inhaler, since this may help you to improve your endurance and strength.

