

# Sleep Problems

M.E. means sleeping too little or too much, vivid dreams, night sweats and unrefreshing sleep.

Focus  
on  
Symptoms

M.E. (myalgic encephalopathy) is a complex multisystem disease with a wide range of disabling symptoms, including:

Post exertional malaise

Ongoing flu-like symptoms

Muscle fatigue

Muscle, joint and nerve pain

Sleep problems

Cognitive dysfunction

Light and sound sensitivity

Dizziness and fainting

Gastrointestinal issues

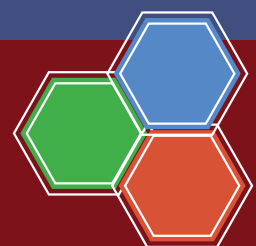
## ME Awareness Week

11th - 17th May 2020



Get involved.  
Help our campaign.

[meassociation.org.uk](http://meassociation.org.uk)



#MESymptoms