

# Recognise ME. Do you have these symptoms?



**DEBILITATING FATIGUE:**  
Chronic exhaustion that is not relieved by rest.



**POST-EXERTIONAL MALAISE:**  
Feeling worse after physical or mental activity.



**UNREFRESHING SLEEP:**  
Sleeping too much or too little.



**PROBLEMS THINKING CLEARLY:**  
Brain fog, confusion, difficulty with word-finding.

**Don't suffer in silence**  
See your GP... You may have ME/CFS



**The ME Association**  
*Changing Attitudes, Improving Lives*  
[meassociation.org.uk](http://meassociation.org.uk)



**MYALGIC ENCEPHALOMYELITIS/CHRONIC FATIGUE SYNDROME**