Subjective feelings of fatigue

1. Dull Drowsy
   1. Feel heavy in the head
   2. Feel tired in the whole body specially limbs
   3. Yawn
   4. Feel the brain hot or muddled
   5. Become drowsy
   6. Feel strained in the eyes
2. Exhausted
   1. Become rigid and clumsy in motion
   2. Feel unsteady while standing
   3. Want to lie down
3. Mental decline of working motivation
   1. Find difficult in thinking
   2. Become weary while talking
   3. Become nervous
   4. Unable to concentrate attention
   5. Unable to have interest in thinking
   6. Become apt to forget things
   7. Lack of self-confidence
   8. Anxious about things
   9. Unable to straighten up in posture
   10. Lack of patience
4. Specific feeling of incongruity in body
   1. Have a headache
   2. Feel stiff in the shoulders
   3. Feel pain in the waist
   4. Feel constrained in breathing
   5. Feel thirsty
   6. Have a husky voice
5. Dysfunction of autonomic nervous systems
   1. Have dizziness
   2. Have a spasm of the eyelids
   3. Have a tremor in the limbs
   4. Feel ill