WHAT IS CHRONIC FATIGUE SYNDROME (CFS) ?

A long lasting unusual fatigue with several disabling effects on daily life and routine that don't correspond to any other known disease.

Infographic created by the ESRS based on: Mariman et al., 2021., K.5 Chronic fatigue and pain syndromes. Sleep Medicine Textbook (2nd ed., pp. 823-832). Regensburg: European Sleep Research Society.

100 TO 2,100 IN 100,000

individuals with CFS in primary care

0 TO 4,800 IN 100,000

individuals with CFS in community-based sample

A HEALTH BURDEN EQUIVALENT OR WORSE THAN

MULTIPLE SCLEROSIS, END-STAGE RENAL DISEASE, OR CARDIAC FAILURE

HOW IS IT DIAGNOSED? *

Major symptom:

Feeling an incapacitating fatigue for at least 6 months

At least 4 of the following minor symptoms:

- Post-exertional malaise for at least 24 hours
- Sore throat
- Tender cervical or axillary lymph nodes
- Diffuse muscular pain
- Multi-joint pain without swelling or redness
- Headache of a new type, onset, pattern, or severity
- Memory and concentration impairment
- Unrefreshing sleep

* Criteria from Centers for Disease Control and Prevention, CDC

ASSOCIATED DISEASES AND CONDITIONS

Chronic Insomnia, Obstructive Sleep Apnea and Periodic Limb Movement, are all detected in patients who would otherwise qualify for CFS.

HOW CAN IT BE EVALUATED?

Subjective assessment of sleep.
PSG (Polysomnography) - sleep study recommended to rule out other primary sleep disorders.

TREATMENT

Individualized biopsychosocial management with cognitive behavioral therapy focusing on insomnia, pharmacological treatment, and targeted treatment of possible comorbid sleep disorders.
Always recur for a specialist in case of doubts, counselling and treatment.