

ME/CFS Diary 1 (fever, fatigue, and sleep diary)

Body temperature has a daily rhythm. It is highest around 4:00 p.m., lowers before going to bed, and is lowest in the morning when you wake up.

Please try to adjust your daily life so that your body temperature shows a normal rhythm. In particular, make sure that your body temperature falls properly before going to bed.

For those who have a persistent low fever:

A high body temperature indicates that your body is expending more energy than usual. In other words, you can become easily fatigued. When your body temperature remains high, slow down the pace of your daily life and have a good night's sleep.

Observe the relationship between body temperature and your fatigue level and identify the temperature that causes an increase in your fatigue level. For example, if you suddenly feel more tired when your body temperature exceeds 37.2°C, this is the temperature of your current warning line. Try to live your life in such a way that it does not exceed 37.2°C.

There is often a reason for a sudden rise in temperature and you may just not be aware of the reason. By keeping a record, you can better understand what is causing the increase in temperature that makes you feel more fatigued.

The most common reasons for a rise in temperature are arguing, situations that cause tension, concentrating too much on something, going out, and exercising. If your body temperature suddenly rises during or a few hours after doing these activities, understand that you now need to refrain from doing them or do them less frequently.

When your temperature rises suddenly, lie down and close your eyes. You do not need to sleep.

When your morning temperature is already high, try to get a good night's sleep. Without deep sleep, your body temperature will not drop in the morning.

If you have sufficient energy to record your temperature and fatigue level, record them four times a day, about twice a week at 8 a.m., 12 a.m., 4 p.m., and 8 p.m. or when you get up, around noon before lunch, around 4 p.m., and just before you go to bed.

Name _____

Temperature (Axillary or Oral)

The date your last menstrual period began (Month Day)

日付	M	D	M	D	M	D	M	D	M	D	M	D
Work/Off	Work/Off		Work/Off		Work/Off		Work/Off		Work/Off		Work/Off	
Time (o'clock)	8	12	16	20	8	12	16	20	8	12	16	20

1. Temp. (°C)

38	[Grid]											
37.5	[Grid]											
37	[Grid]											
36.5	[Grid]											
36	[Grid]											

2. Fatigue level (Numerical rating scale with 10 maximal and 0 nothing)

10	[Grid]											
5	[Grid]											
0	[Grid]											

3. Events

[]	[]	[]	[]	[]	[]	[]
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4. What you noticed and devised

[]	[]	[]	[]	[]	[]	[]
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Sleep diary

Write down how you felt during the day and before you went to bed. The next morning, write down how you slept at night.

	12	14	16	18	20	22	24	2	4	6	8	10	12
	Afternoon						(Midnight)	Morning					
Month day ()	(Free entry field)												
Month day ()													
Month day ()													
Month day ()													
Month day ()													
Month day ()													
Month day ()													

	12	14	16	18	20	22	24	2	4	6	8	10	12
Month day ()	(Free entry field)												
Month day ()													
Month day ()													
Month day ()													
Month day ()													
Month day ()													
Month day ()													

Example 12 14 16 18 20 22 24 2 4 6 8 10 12

Month day ()													

I was asleep (fill)
 I was in bed but I was awake (diagonal line)
 Strong drowsiness (heckle)
 ✘ Took sleeping pills (cross mark)

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