



## Insomnia

[Taped-awake-insomniac](#)

Insomnia is a common symptom of fibromyalgia. Despite having slept for 8 to 10 hours, patients report feeling exhausted the next morning. They struggle to fall back asleep after waking up early in the morning.

## Fatigue

[Sleepy-guy](#)

Fatigue is another common symptom of Fibromyalgia. Patients may experience it after waking up, despite getting 8-10 hours of sleep.

## Cognitive Impairment

[Cogs Impaired](#)

Fibromyalgia patients experience cognitive difficulties, also known as "fibro fog." They generally report difficulties paying attention and performing tasks that involve fast thought process.

## Management

### Regular Exercise

[Treadmill](#)

Regular aerobic and strength training exercises, such as walking, swimming, or tai chi, help improve fibromyalgia symptoms and quality of life. It is preferred over pharmacological treatment due to less side effects and the tremendous advantages of exercise.

### Tricyclic Antidepressants (TCAs)

[Tricycle Ant-tie-depressed-emo](#)

TCAs, especially amitriptyline, are widely used to treat fibromyalgia. They function by inhibiting serotonin and norepinephrine reuptake into neuronal terminals.

### Serotonin Norepinephrine Reuptake Inhibitors (SNRIs)

[Silver-Tonic and North-Epi-Pen Reuptake tube with Inhibiting-Chains](#)

TCAs can be substituted with SNRIs in patients with significant fatigue and depression. The mechanism of action is similar to that of TCAs.

### Gabapentin

[GABA-goose-penguin](#)

Gabapentin can be administered in patients with severe sleep disturbance. It is an analog of gamma-aminobutyric acid (GABA), which binds to voltage-gated calcium channels in the central nervous system.