

## BRUGMANN FATIGUE SCALE

Please indicate how likely you are to require rest in the following situations. Even if you have not done some of these activities recently, try to work out how fatigued you would feel in these situations.

Please note that fatigue is a feeling of exhaustion, a lack of physical or mental energy, only to be relieved by rest. (This feeling is different from drowsiness, which is the almost irresistible need for sleep in the absence of external stimulation).

**0 = It's very unlikely that I need to rest**

**1 = It's unlikely that I need to rest**

**2 = It's likely that I need to rest**

**3 = It's almost sure that I need to rest**

Mental fatigue	0	1	2	3
After having a conversation with another person.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After doing a passive mental activity (e.g. watching TV, ...).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After performing a focused intellectual activity (e.g. reading a book, ...).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After an <b>intense</b> intellectual activity requiring sustained concentration (e.g. studying, calculating, drafting a document, passing an exam, ...).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**SCORE: .../12**

Physical fatigue	0	1	2	3
After grooming myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After climbing one flight of stairs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After performing a household task (e.g. washing dishes, vacuum, cleaning, grocery shopping, gardening, ...).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After an <b>intense</b> physical activity (e.g. sports ...).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**SCORE: .../12**