

Are you suffering from Brain Fog?

What is Brain Fog?

“Brain fog” is not a medical condition by itself, and as such, it has no diagnostic criteria but is a term for a range of symptoms that cause cognitive impairment. This affects your ability to think clearly, focus, concentrate, remember and pay attention. Like its name, these symptoms cloud your mind and make it difficult to perform routine tasks like holding a conversation, listening to instructions or remembering the steps of something you’re doing.

What does Brain Fog feel like?

Difficulty in concentrating

Confusion

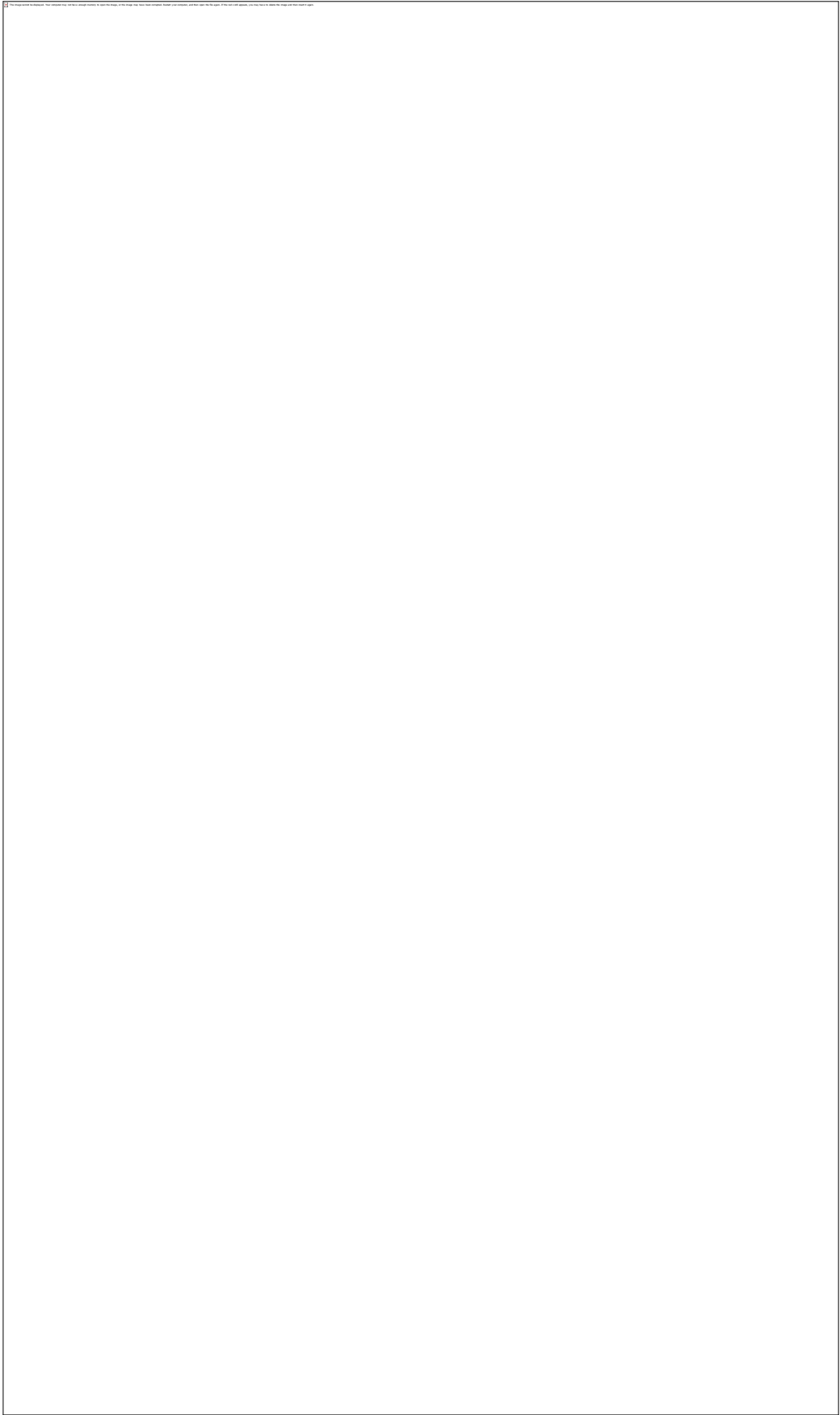
Fatigue

Forgetfulness

Mental exhaustion

Slow thought process and increased reaction time

Trouble paying attention



Causes of Brain Fog?

Insomnia

Autoimmune conditions like Multiple sclerosis, Irritable Bowel Disease, Rheumatoid Arthritis and Lupus

Fibromyalgia and Chronic Fatigue Syndrome

Diabetes

Anxiety and Depression

Poor nutrition – diet including processed food with added sugar and unhealthy fat

Hormonal changes like pregnancy and menopause

Hypothyroidism

Migraine

Cancer and chemotherapy

Sleeping pills, steroids and pain killers

Covid infection

How long does brain fog last?

There isn't a specific timeframe as to how long you'll experience brain fog. You might feel it for a few days to weeks. But it could last for months to years in some cases.

How to get rid of Brain Fog?

1. Improving sleep habits – some sleep hygiene methods are
 - Set a regular bedtime
 - Leave mobile devices in another room
 - Keep the room cool, dark, and free from sound, or other distractions
 - Use the bed only for sleeping and sex
 - Avoid caffeine before bed
 - Do not eat a large meal before bedtime

2. Eating healthy and nutritious diet - Replacing processed foods with fresh fruits, vegetables, and other fresh, plant-based foods can help promote clearer thinking.

Supplements that may help with brain fog include:

- **Vitamin D:** Vitamin D deficiency may contribute to brain fog. Vitamin D supplements may help.
 - **Omega-3 fatty acid:** Some studies suggest that taking omega-3 fatty acid supplements may help improve mental cognition.
 - **Vitamin C:** healthy adults with high levels of vitamin C in their blood performed better on cognitive tasks, such as focus, attention, memory access, and reaction time.
 - **L-theanine:** L-theanine helped to improve working memory and reaction times on cognitive tests.
 - **B complex** – studies suggest link between cognitive impairment and B12 deficiencies and found that most people performed better with cognition and attention when taking supplements.
 - **Magnesium:** studies show that low magnesium levels can increase the risk of cognitive impairment.
3. Daily 30-60 minutes of physical activity - exercises such as yoga or running can help improve your mood and stress levels.
 4. Taking small breaks from work to reduce overloading and stress.
 5. Avoid alcohol and other substance abuse.
 6. Engaging in book reading, music and other hobbies.
 7. Stress management – mindfulness techniques, meditation, deep breathing techniques, or similar methods to help reduce their stress.

TIPS TO MANAGE DAILY TASKS

- **Use a calendar:** Write down your daily, weekly, and monthly tasks in a calendar or organizer.
- **Avoid distractions:** When possible, find a quiet space to concentrate on tasks and take regular breaks to help focus.

- **Do one task at a time:** Focus on one task and complete it before beginning another one. Multitasking can worsen confusion and brain fog, and it can also increase stress.
- **Get support:** Explain how you feel to family and friends and ask them to speak more slowly. This will allow extra time to process information.
- **Learn organization techniques:** It may help to keep a diary or make lists. Smartphone reminders may help remind you to complete tasks, such as taking your medication or going to doctor's appointments.
- **Store items in the same place each time:** Find somewhere memorable in the home to keep items that are easy to lose, such as keys.

When to see a doctor?

A person should see a doctor if they:

- have other symptoms that may indicate an underlying medical condition
- notice that brain fog has started or worsened suddenly or significantly
- see no improvement despite making lifestyle changes

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