Brain fog

The term ‘brain fog’ is not a medical one but nevertheless is used to describe a cluster of cognitive symptoms associated with a variety of medical conditions.

Medical conditions associated with brain fog
These include (in alphabetical order):
- cancer and cancer treatments
- chronic disease
- chronic fatigue syndrome
- cognitive decline
- hormonal fluctuations (e.g. associated with menopause or pregnancy)
- hypothyroidism
- long COVID
- medications
- mental health problems (e.g. depression)
- multiple sclerosis
- sleep disorders

Symptoms of brain fog
These include:
- lack concentration
- lack of mental clarity
- fatigue
- forgetfulness
- memory problems
- lost words
- thinking more slowly than usual

How to help brain fog
General strategies include:
- getting enough sleep
- taking regular exercise
- managing stress
- taking regular breaks
- enjoying leisure activities
- eating a healthy, balanced diet
- adherence to guidelines on alcohol consumption

Further information
Elliott et al. (2023) Efficient assessment of brain fog and fatigue: development of the Fatigue and Altered Cognition Scale (FACs)  https://doi.org/10.1371/journal.pone.0295593

Mental Health Research. Cognitive decline/brain fog  https://www.mqmentalhealth.org/conditions/cognitive-decline-brain-fog/?gclid=EAIaIQobChMliNv5S5iTgQMVE-zfCh2wwgHmEAYASAEgLsPPD_BwE