

Platform: iMessage Timezone: UTC+0000



2017/01/12

if you get sick , go to hong kong acupuncture , it will be fun if nothing else
05:14:22 am

Great idea. I am so sick!! Jetlag makes me so sick :(
06:02:10 am

take a benedryl to sleep. try to get sun in the day. i suffer from it terribly. . citrucel
for poop. . REQUIRED . . and in the future nuvigil to feel alert during waking hours.
10:31:07 am

that being said , as you know i don't take drugs, so only citrucel for me. and queasy
in the middle of the afternoon
10:31:49 am

I brought citrucil and Benadryl
11:05:57 am

Still have been waking up at 5am 😞
11:06:11 am

Which is why I got sick I think ... not enough sleep
11:06:33 am

your clock only adjust 1 hr per day so after 12 days you will be on time, no miracle cure , there are 5 or six internal clocks. normally in sync. crossing so many time zones puts each one out by itself and each clock adjusts at its own rate. there are anti jet lag diets, regimens light tricks. but they all take no more than 20 percent of the problem away. nothing to do.

11:10:05 am

sometimes i would be in meetings and just in the middle of a presentation , i would fall asleep. not so nice for the people who had prepared for months but...

11:11:24 am

So tough. And especially for me who is so sensitive when it comes to sleep. Two nights of less than 7 hours of sleep and I automatically get a cold!

12:00:00 pm

Love traveling but jetlag is miserable

12:00:12 pm

thats why i have paris. i go 3 days to sleep before begging next leg

12:01:09 pm

Smart. I don't have an issue going to Europe anymore. I don't get jetlagged there. Asia is very tough though! Especially with my friends who want to go out every night

12:01:55 pm

2017/01/13

Any recommendations for accupuncture places in hong kong?

01:48:50 am

Call the concierge at the peninsula hotel and ask him or if your in the neighborhood go in

01:50:16 am

Okay great

01:50:23 am

And see him

01:50:29 am

2017/01/14

feeling better

12:10:31 pm

Yes! Still have a cold

12:11:04 pm

Leaving tomorrow morning

12:11:08 pm

Hong Kong is great. I love it here

12:11:14 pm

great

12:13:20 pm

what time do you leave hk tomow?

12:39:52 pm

9:30am

12:41:54 pm

Land at JFK at noon

12:41:58 pm

stay up late. get on the plane exhausted. sleep . as much as you can,

12:44:31 pm

That's the plan:)

12:49:07 pm

Plus a Benadryl

12:49:11 pm

2017/01/20

Happy birthday!!!!!!!!!! 100%. I hope today is amazing. Where are you? At what number should I call you later? On my way back to NYC later tonight

01:20:31 pm

New York

02:37:14 pm

Will call later today. Hbd !!!

02:39:51 pm

100%
02:40:13 pm



2017/01/21

on my way to harvard now
12:46:18 pm



✓ Sent

So sorry I forgot to call....was in meetings for hasty pudding all day and then traveled back to NY. I'm home now got home late last night. Are you coming back tonight? Maybe mommy and I can come say hi!!

03:00:49 pm



✓ Read