**To:** Nadia▮▮▮▮▮▮▮▮▮▮▮▮▮]
**From:** J
**Sent:** Fri 9/21/2012 12:57:45 PM
**Subject:** Re: A

Ok

Sent from my iPad

On Sep 21, 2012, at 8:36 AM, Nadia ▮▮▮▮▮▮▮▮▮▮▮▮▮▮▮▮▮▮> wrote:

> Everything seems too slow, too linear, and it becomes impossible to multi-task and think
> outside the box. The goal is just to be awake, no other effects. Focus/concentration was
> excellent before - never a problem - but becomes extreme. i.e., 4 hours editing a photo -
> computer crash - no annoyance - restart - 4 more hours editing the same photo - day over. I
> don't think it's the right choice.
>
> _____
>
> This is the real problem:
> **http://en.wikipedia.org/wiki/Delayed_sleep_phase_disorder**
> -Attempting to force oneself onto daytime schedule with DSPD has been compared to
> constantly living with 6 hours of jet lag

-People with DSPD cannot simply force themselves to sleep early. They may toss and turn for hours in
bed, and sometimes not sleep at all

-They usually have tried many times to change their sleeping schedule. Failed tactics to sleep at earlier
times may include maintaining proper sleep hygiene, relaxation techniques, early
bedtimes, hypnosis, alcohol, sleeping pills, dull reading, and home remedies.

-DSPD patients who have tried using sedatives at night often report that the medication makes them
feel tired or relaxed, but that it fails to induce sleep.

Impact on patients:

Lack of public awareness of the disorder contributes to the difficulties experienced by people with
DSPD, who are commonly stereotyped as undisciplined or lazy.

  By the time DSPD sufferers receive an accurate diagnosis, they often have been misdiagnosed
  or labelled as lazy and incompetent workers for years. Misdiagnosis of circadian rhythm sleep
  disorders as psychiatric conditions causes considerable distress to patients and their families,
  and leads to some patients being inappropriately prescribed psychoactive drugs. For many
  patients, diagnosis of DSPD is itself a life-changing breakthrough.

**From:** Jeffrey Epstein <jeevacation@gmail.com>
**To:** nadia <████████████████>
**Sent:** Sunday, September 16, 2012 3:47 PM
**Subject:**

did it work?

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