

22-AUG-10 11:00 AM

FINALLY GOT OUT OF THE BED.
SHITTY MOOD FEELING LACK OF
PURPOSE IN LIFE. GOTTA BE STRONG.

23:20 NOTHING MAJOR TO WRITE ABOUT.
WORKED ON DEVELOPING LABS AND WATCHED A
MOVIE. TIME TO SWALLOW A PILL AND
GO TO BED.

23-AUG-10 10:00 AM

IT'S MONDAY. GOT A FEW PHONE CALLS
TO MAKE AND A FEW THINGS TO DO.
IT IS NICE TO BE BUSY, TO HAVE SOMETHING
TO LOOK FORWARD.

OVER THE PAST FEW WEEKS DURING WHICH
I HAVE BE INTERMITTENTLY TAKING
VARIOUS MEDICATIONS I NOTICED THE
FOLLOWING PATTERN: IF I DO NOT TAKE A
SLEEPING PILL FIRST I DO NOT FALL
ASLEEP FOR A LONG TIME AND WHEN I
FINALLY DO I SLEEP VERY POORLY. I
ALWAYS HAVE NIGHTMARES IN WHICH
SOME OF THE PETERBOROUGH COUNTY
OPP OFFICERS ARE PARTICIPANTS, NAMELY
ROBER FLINDALL, SHAWN FILLMAN,
JENNIFER PAYNE, MARY D'AMICO AND