

To: jeevacation@gmail.com[jeevacation@gmail.com]
From: [REDACTED]
Sent: Tue 10/25/2011 5:53:39 PM
Subject: Re:

difficult how?

it does make sense though. since anxiety and paranoia seem to come in pairs and i have in the past weeks developed a fear of flying that is completely irrational.
doing neurosurgery all night/working all day/traveling a lot. not enough sleep quantity or quality for sure. i suspect your are totally right.

fixed times like every 12-16 hours or fixed times like adjusted to the new time zone?

my doc suggested provigil. i think it makes you dumber.

-----Original Message-----

From: Jeffrey Epstein <jeevacation@gmail.com>
To: [REDACTED]
Sent: Tue, Oct 25, 2011 10:06 am
Subject: Re:

eye masks , melatonin, at fixed times. very difficult,, , you should be careful.

On Tue, Oct 25, 2011 at 12:58 PM, [REDACTED] wrote:

all i can find on our medical web is that weird sleep patterns or disruption of circadian rhythm chronically can cause paranoia or anxiety. i think that is what you mean?
good news/bad news is that i get to do another experiment as i'm leaving for africa on friday.
wonder if i should try to regulate it and see if that helps? (with provigil)
what do you think?