

To: Jeffrey Epstein[jeevacation@gmail.com]
From: Nadia
Sent: Mon 8/20/2012 8:29:01 PM
Subject: Re:

Now it makes sense...I'm on Mars time <http://news.yahoo.com/nasa-rover-family-switches-over-mars-time-165113294.html>

I don't take any medicine. Bright light helps, I sleep well on days I fly but I haven't done it in 2 months. Provigil also helped.

From: Jeffrey Epstein <jeevacation@gmail.com>
To: Nadia [REDACTED]
Sent: Sunday, August 19, 2012 5:29 PM
Subject: Re:

a sleep doctor, probably columbia.. it sounds like a circadian rythm, issue.. you will have to sleep in a lab with electrodes etc. sleep diary useful, medicine list . could be vitamin d issue. lack of very bright light .

On Sun, Aug 19, 2012 at 4:37 PM, Nadia [REDACTED] wrote:

no, I don't even know what kind of doctor.
welcome back

From: Jeffrey Epstein <jeevacation@gmail.com>
To: Nadia [REDACTED]
Sent: Thursday, August 16, 2012 11:48 PM
Subject: Re:

do you have a doctor in mind, ? i know your prefer your privacy

On Thu, Aug 16, 2012 at 9:18 PM, Nadia [REDACTED] wrote:

no red bull, took advil pm a few times and a real sleeping pill a month ago - didn't work, no doctor visit or blood work since baby planning in 09, weight up, period as usual,,

From: Jeffrey Epstein <jeevacation@gmail.com>
To: Nadia [REDACTED]
Sent: Thursday, August 16, 2012 10:15 PM
Subject: Re:

sorry to hear it, have you been taking sleeping pills , red bull ? If you want i will pay for a doctor. have you gOTTEN your blood work done recently? full work up.

weight ? up down? stomach? period?

On Thu, Aug 16, 2012 at 3:24 PM, Nadia <[REDACTED]> wrote:

I don't know. I am physically unable to function. My sleeping is a problem I can't fix and I don't know if it is a cause or symptom. Even when I am awake, I am extremely foggy, tired and just can't do anything or think clearly. I have to cancel most appointments and barely manage to leave my apartment for basic errands. My hair is falling out, my teeth hurt and my eyes are constantly red. Today is the first day I feel ok in over a month.

I actually started to keep a sleep log and it's so weird I don't know what to think of it... It looks like a lot of sleep at the wrong times, I should not be this exhausted

sat - 8am - 6pm
sun - 4am - 2pm
mon - 6am - 3pm
tue - 7am - 5pm
wed - NO SLEEP
thu - 4pm - 3am
fri - 10pm - 11am
sat - 5am - 3pm
sun - NO SLEEP
mon - 1pm - 11pm
tue - 11pm - 6am
wed - 11pm - 10am

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