

SAMPLE DIARY: This is a sample only.

Morning:

Could not sleep all night. Got out of bed at 3:00 a.m. and sat in recliner as it was more comfortable. I had to use a cane to get from the bed to recliner. Fell in the bathroom.

Got out of bed at 8:00 a.m. Made coffee but right arm weak and dropped the coffee cup and broke it. I cried this morning for 10 minutes ... not sure why.

Tried to balance my checkbook but got frustrated because I could not concentrate and had to stop. Took a nap at 10:00 a.m. for 2 hours and felt a little better. Took a pain pill.

Afternoon:

Pain pill made me tired and I took another nap for about an hour. Woke up and right arm was swollen, and legs felt weak but decided to take a walk. I made it 1/2 a block and had to turn around and go home because I was too tired to go further. Went to take a bath and forgot I left the water running. The tub overflowed.

Went to get the paper and got short of breath at the mail box, which was 20 feet from my door. Tried to vacuum the living room (10 x 15 room) and was exhausted after 3 minutes and had to stop.

Evening:

Husband wanted to go to a friend's home. I didn't want to go because I just didn't have the energy and my arm hurt. He left me alone. Cried for 20 minutes and felt lonely and useless.

I felt like making dinner, so I microwaved popcorn. My son, Tommy, asked for help with his homework. I told him I was too tired (in pain), and requested he ask his dad. I became irritable and went to my room.

Night:

I was in pain. Took a pain pill. I tried to sleep but couldn't get comfortable. Got up with difficulty and watched TV. Cried myself to sleep. Slept 25 minutes. Tried to go back to my bed but couldn't stand. I tried to read but read the same page 3 times. I couldn't remember what I read. I tried to keep reading but the words were blurry.