Day 06 - Headaches and River Walks

February 17, 2013 By Gemma Peppe

I’m pretty sure I’m taking the real drugs. I’ve had an almost constant headache. It doesn’t really bother me and it’s not intense (except in bed).

I’ve had bursts of energy too. This morning because the weather was so lovely I went for a walk by the river, nearby my house. Tonight, however, I felt exhausted and went to bed at 7.30. I’ve also noticed it’s difficult to drop off. I remember that from my last treatment. I normally sleep about 9-10 hours a night and have no trouble. If sleep doesn’t come after an hour or so I give up trying and read till my eyes close.

This entry was originally published on February 17, 2013 on The Hepatitis C Trust. Reprinted with permission.

© 2026 Smart + Strong All Rights Reserved.