Hepatitis C Treatment Update

May 30, 2015 By Greg Jefferys

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After a few nights I seem to be managing the insomnia better. It’s a strange state, the body never quite falls asleep and the thoughts keep ticking over. I’m doing yoga every night immediately before going to bed and when I am laying there, awake, I treat it as a kind of meditation and try to keep my attention away from my thoughts. Its not a proper sleep but I get out of bed in the morning reasonably refreshed. That combines with the removal of the usual Hep C fatigue issue, an apparent effect that a week on the medication has already had. I’m just not feeling any fatigue anymore and looking forward to getting my viral load tests.

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