**My Diary – 24 hours living with fatigue**

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| **Time** | **Comments** |
| **07:00** | I get up and have some breakfast ready for the day ahead. It is my turn to do the school run and pick up the kids later. Hopefully, it will be a good day. |
| **08:00** | The children played up a bit on the way to school. My son is having problems at school at the moment and is acting out quite a lot. I tried to talk to him on the way to the school gates but the traffic was so bad I had to stop and concentrate on it. I will speak to him later. |
| **09:00** | I wanted to get a bit of house work done, to help my wife but can feel the early warning signs of fatigue creeping on.  I make myself a cup of tea and try to relax. |
| **10:00** |  |
| **11:00** | My new neighbour came round to ask if I could help him move some of his furniture. I told him I couldn’t as I have lots to do today and won’t have the energy.  I tried to explain by showing him a note mydoctor wrote for me. It states that I need to rest when needed due my brain injury  He didn’t really understand and joked that I didn’t look tired. He seemed annoyed. |
| **12:00** | I get on with a few house jobs. I want to help my partner as much as possible. She has been so understanding since my injury but she is under so much pressure at work that she is often very tired when she gets home.  I do feel guilty not being able to do more. |
| **13:00** |  |
| **14:00** | I think I have pushed myself too much again. I only sat down for 5 minutes but fell asleep for the last hour or so. I still haven’t finished all the jobs I said I would. |
| **15:00** | My mother calls but I don’t have the energy to speak to her today and decide not to answer. She does worry about me a lot. |
| **16:00** | I have picked the kids up from school. My son is still very quiet. I know I should talk to him but I need to focus all my energies on driving. This new road layout near my house is causing such traffic problems and lots of drivers are getting stressed.  The kids are arguing again in the back and I really lose my temper. I apologise to them when they get home. My older daughter is very understanding, but my son seems distant. |
| **17:00** | I get home and try to finish the rest of the jobs but I’m totally drained. |
| **18:00** |  |
| **19:00** | My wife gets in. I can tell she has had a rough day. I tell her I have tried to do all the jobs. I can tell she is frustrated but tells me it’s ok. I wish I could, do more for her. She is so supportive and kind. I sometimes wonder why she is even with me. She gets on with cooking dinner, which I couldn’t even prepare today. |
| **20:00** | We settle down to watch some TV. |
| **21:00** |  |
| **22:00** | I fell asleep halfway through an episode of our favourite show. My wife said she doesn’t mind watching it again. I mention to her about our son and we both go to speak to him. |
| **23:00** | We get into bed to read. I make a list of the jobs I need to do tomorrow. |
| **00:00** | My wife is asleep but I’m struggling to drift off. My mind is racing, thinking about the events of the day and the things people have said to me. |
| **00:00- 07:00** | Another shocking night. Kept waking up through the night. It’s as if my battery is completely drained – but the charger won’t work properly. Tomorrow is going to be hard... |