

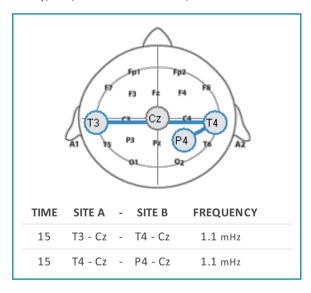
# 1925

Wednesday - March 13, 2019 04:57 PM Session 8 2 Channel ILF HD Moira

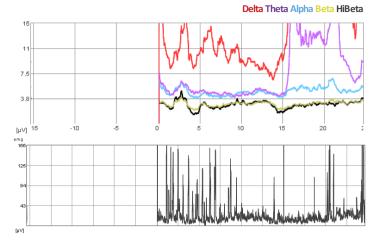


#### Particle World

Valley, Fish, Put bear in arm 60%, Volume







## Report

Slept well. No waking after midnight. No nap this afternoon.

## Observation

T3 - T4 1.1Hz alertness moderate, focused good, relaxed quite. Mildly drowsy. T4 - P4 1.1Hz alertness moderate. Stopped segment at 10mins as she had to go to the bathroom. Still very dozy.

#### Plan

Continue based on integration report.