

Update: Yvonne Sheehan's daily diary 2008 Part 2

Thursday 31

Bad weather today. Usual symptoms. Couldn't get to sleep. Did a reading to see if anything indicated why. It is now 1am

Friday 1st February

Data Logger Sound Level Meter

Date	Time	Group	Interval	Unit/Speed	Value
Feb-01-2008	01:15:03	3	5	dBA/Slow	46.
Feb-01-2008	01:15:08	3	5	dBA/Slow	46.3
Feb-01-2008	01:15:13	3	5	dBA/Slow	46.3
Feb-01-2008	01:15:18	3	5	dBA/Slow	46.9
Feb-01-2008	01:15:23	3	5	dBA/Slow	47.7
Feb-01-2008	01:15:28	3	5	dBA/Slow	47.5
Feb-01-2008	01:15:33	3	5	dBA/Slow	47.1

Date	Time	Group	Interval	Unit/Speed	Value
Feb-01-2008	01:15:42	4	5	dBC/Slow	49.1
Feb-01-2008	01:15:47	4	5	dBC/Slow	51.0
Feb-01-2008	01:15:52	4	5	dBC/Slow	59.5
Feb-01-2008	01:15:57	4	5	dBC/Slow	70.1
Feb-01-2008	01:16:02	4	5	dBC/Slow	74.7
Feb-01-2008	01:16:07	4	5	dBC/Slow	64.8
Feb-01-2008	01:16:12	4	5	dBC/Slow	70.1
Feb-01-2008	01:16:46	5	5	dBC/Slow	39.5
Feb-01-2008	01:17:02	6	5	dBC/Slow	45.7

It must be the low frequency that is preventing me from sleeping and causing me to have such pain in my ears and a headache. It snowed during the night and is still snowing now (11:56). Temperatures is expected minus 5 tonight. I will try to do another reading during the night.

Saturday 2nd

Very bad cold at the moment. Still getting the other symptoms.

Reading taken out side door yesterday.

Date	Time	Group	Interval	Unit/Speed	Value
Feb-01-2008	14:35:05	1	5	dBA/Slow	44.9
Feb-01-2008	14:35:10	1	5	dBA/Slow	45.2
Feb-01-2008	14:35:15	1	5	dBA/Slow	45.2
Feb-01-2008	14:35:20	1	5	dBA/Slow	45.0
Feb-01-2008	14:35:25	1	5	dBA/Slow	45.1
Feb-01-2008	14:35:30	1	5	dBA/Slow	45.0
Feb-01-2008	14:35:35	1	5	dBA/Slow	45.0
Feb-01-2008	14:35:40	1	5	dBA/Slow	45.1
Feb-01-2008	14:35:45	1	5	dBA/Slow	45.1

Date	Time	Group	Interval	Unit/Speed	Value
Feb-01-2008	14:35:57	2	5	dBC/Slow	49.3
Feb-01-2008	14:36:02	2	5	dBC/Slow	60.6
Feb-01-2008	14:36:07	2	5	dBC/Slow	49.5
Feb-01-2008	14:36:12	2	5	dBC/Slow	48.7
Feb-01-2008	14:36:17	2	5	dBC/Slow	48.9
Feb-01-2008	14:36:22	2	5	dBC/Slow	49.1
Feb-01-2008	14:36:27	2	5	dBC/Slow	49.1
Feb-01-2008	14:36:32	2	5	dBC/Slow	49.3

Reading taken in house yesterday

Date	Time	Group	Interval	Unit/Speed	Value
Feb-01-2008	16:27:25	3	5	dBA/Slow	33.
Feb-01-2008	16:27:30	3	5	dBA/Slow	33.5
Feb-01-2008	16:27:35	3	5	dBA/Slow	31.7
Feb-01-2008	16:27:40	3	5	dBA/Slow	30.9

Date	Time	Group	Interval	Unit/Speed	Value
Feb-01-2008	16:27:47	4	5	dBC/Slow	42.2
Feb-01-2008	16:27:52	4	5	dBC/Slow	43.0
Feb-01-2008	16:27:57	4	5	dBC/Slow	42.5
Feb-01-2008	16:28:02	4	5	dBC/Slow	44.9
Feb-01-2008	16:28:07	4	5	dBC/Slow	38.3

Reading taken outside door last night. Temperature is supposed to be Minus 5

Date	Time	Group	Interval	Unit/Speed	Value
Feb-01-2008	21:19:20	5	5	dBA/Slow	43.6
Feb-01-2008	21:19:25	5	5	dBA/Slow	43.5
Feb-01-2008	21:19:30	5	5	dBA/Slow	43.4
Feb-01-2008	21:19:35	5	5	dBA/Slow	43.3
Feb-01-2008	21:19:40	5	5	dBA/Slow	43.3
Feb-01-2008	21:19:45	5	5	dBA/Slow	43.4

Date	Time	Group	Interval	Unit/Speed	Value
Feb-01-2008	21:19:53	6	5	dBC/Slow	46.5
Feb-01-2008	21:19:58	6	5	dBC/Slow	45.8
Feb-01-2008	21:20:03	6	5	dBC/Slow	46.8
Feb-01-2008	21:20:08	6	5	dBC/Slow	47.2
Feb-01-2008	21:20:13	6	5	dBC/Slow	46.6
Feb-01-2008	21:20:18	6	5	dBC/Slow	49.3
Feb-01-2008	21:20:23	6	5	dBC/Slow	46.2
Feb-01-2008	21:20:28	6	5	dBC/Slow	45.7
Feb-01-2008	21:20:33	6	5	dBC/Slow	46.2
Feb-01-2008	21:20:38	6	5	dBC/Slow	46.6

Reading taken outside door

Date	Time	Group	Interval	Unit/Speed	Value
Feb-02-2008	00:42:53	7	5	dBa/Slow	41.3
Feb-02-2008	00:42:58	7	5	dBa/Slow	42.5
Feb-02-2008	00:43:03	7	5	dBa/Slow	41.2
Feb-02-2008	00:43:08	7	5	dBa/Slow	42.0
Feb-02-2008	00:43:13	7	5	dBa/Slow	41.7

Date	Time	Group	Interval	Unit/Speed	Value
Feb-02-2008	00:43:28	8	5	dBc/Slow	43.6
Feb-02-2008	00:43:33	8	5	dBc/Slow	43.8
Feb-02-2008	00:43:38	8	5	dBc/Slow	43.8
Feb-02-2008	00:43:43	8	5	dBc/Slow	44.6
Feb-02-2008	00:43:48	8	5	dBc/Slow	43.1

Went out this afternoon at 3:45 all pain and headache receded. Came back at 6pm and pain immediately in ears, headache starting to get real bad so I went to door to take a reading.

The weather was bad, rain wind and cold, the stream across from my house was running very fast so I did the reading just inside the door to eliminate most of the noise.

Date	Time	Group	Interval	Unit/Speed	Value
Feb-02-2008	20:34:24	1	5	dBa/Slow	54.3
Feb-02-2008	20:34:39	2	5	dBa/Slow	56.7
Feb-02-2008	20:34:44	2	5	dBa/Slow	54.3
Feb-02-2008	20:34:49	2	5	dBa/Slow	53.5
Feb-02-2008	20:34:54	2	5	dBa/Slow	53.2

Date	Time	Group	Interval	Unit/Speed	Value
Feb-02-2008	20:35:02	3	5	dBc/Slow	61.0
Feb-02-2008	20:35:07	3	5	dBc/Slow	57.7
Feb-02-2008	20:35:12	3	5	dBc/Slow	57.8
Feb-02-2008	20:35:17	3	5	dBc/Slow	60.6
Feb-02-2008	20:35:22	3	5	dBc/Slow	66.2
Feb-02-2008	20:35:27	3	5	dBc/Slow	65.7

Sunday 3rd

Headaches, nausea, feeling dizzy, nothing's changed except the burping has slowed down just a little.

Date	Time	Group	Interval	Unit/Speed	Value
Feb-03-2008	00:32:01	1	5	dBa/Slow	54.9
Feb-03-2008	00:32:06	1	5	dBa/Slow	54.7
Feb-03-2008	00:32:11	1	5	dBa/Slow	54.9
Feb-03-2008	00:32:16	1	5	dBa/Slow	56.1

Date	Time	Group	Interval	Unit/Speed	Value
Feb-03-2008	00:32:21	2	5	dBc/Slow	64.2
Feb-03-2008	00:32:26	2	5	dBc/Slow	62.1
Feb-03-2008	00:32:31	2	5	dBc/Slow	62.3
Feb-03-2008	00:32:36	2	5	dBc/Slow	61.3
Feb-03-2008	00:32:41	2	5	dBc/Slow	63.6
Feb-03-2008	00:32:46	2	5	dBc/Slow	60.9

Date	Time	Group	Interval	Unit/Speed	Value
Feb-03-2008	00:34:33	3	5	dBa/Slow	36.2
Feb-03-2008	00:34:38	3	5	dBa/Slow	32.2
Feb-03-2008	00:34:43	3	5	dBa/Slow	31.6

Date	Time	Group	Interval	Unit/Speed	Value
Feb-03-2008	00:34:47	4	5	dBc/Slow	48.2
Feb-03-2008	00:34:52	4	5	dBc/Slow	47.6
Feb-03-2008	00:34:57	4	5	dBc/Slow	59.1

Monday 4th

Usual symptoms. Brandon not good today.

Didn't do any readings today as I wasn't well.

Tuesday 5th

Brandon had a very rough night and I struggled with sleep. Have now moved into upstairs bedroom to see if I can sleep any better.

Taken outside door.

Date	Time	Group	Interval	Unit/Speed	Value
Feb-05-2008	16:13:05	1	5	dBa/Slow	48.5
Feb-05-2008	16:13:10	1	5	dBa/Slow	49.7
Feb-05-2008	16:13:15	1	5	dBa/Slow	48.8

Date	Time	Group	Interval	Unit/Speed	Value
Feb-05-2008	16:13:23	2	5	dBc/Slow	60.6
Feb-05-2008	16:13:28	2	5	dBc/Slow	65.7
Feb-05-2008	16:13:33	2	5	dBc/Slow	61.2
Feb-05-2008	16:13:38	2	5	dBc/Slow	54.0
Feb-05-2008	16:13:43	2	5	dBc/Slow	54.2

Taken in upstairs room.

Date	Time	Group	Interval	Unit/Speed	Value
Feb-05-2008	16:14:54	3	5	dBa/Slow	47.1
Feb-05-2008	16:14:59	3	5	dBa/Slow	47.2
Feb-05-2008	16:15:04	3	5	dBa/Slow	46.7

Date	Time	Group	Interval	Unit/Speed	Value
Feb-05-2008	16:15:08	4	5	dBc/Slow	59.3
Feb-05-2008	16:15:13	4	5	dBc/Slow	64.6
Feb-05-2008	16:15:18	4	5	dBc/Slow	50.9
Feb-05-2008	16:15:23	4	5	dBc/Slow	49.9

Wednesday 6th

Not well at all last night. Had a bad time trying to get to sleep. Only had about 3 hours sleep. Very cold last night. Car was iced up this morning with an early morning frost. I did more readings last night as my ears and jaw were giving me hell. Had a nice e-mail from Jane Davis (England) last night and it was nice to know I was not alone? These are last night's readings:

Reading outside door

Date	Time	Group	Interval	Unit/Speed	Value
Feb-05-2008	16:13:05	1	5	dBA/Slow	48.5
Feb-05-2008	16:13:10	1	5	dBA/Slow	49.7
Feb-05-2008	16:13:15	1	5	dBA/Slow	48.8

Date	Time	Group	Interval	Unit/Speed	Value
Feb-05-2008	16:13:23	2	5	dB/Slow	60.6
Feb-05-2008	16:13:28	2	5	dB/Slow	65.7
Feb-05-2008	16:13:33	2	5	dB/Slow	61.2
Feb-05-2008	16:13:38	2	5	dB/Slow	54.0
Feb-05-2008	16:13:43	2	5	dB/Slow	54.2

Date	Time	Group	Interval	Unit/Speed	Value
Feb-05-2008	16:14:54	3	5	dBA/Slow	47.1
Feb-05-2008	16:14:59	3	5	dBA/Slow	47.2
Feb-05-2008	16:15:04	3	5	dBA/Slow	46.7

Date	Time	Group	Interval	Unit/Speed	Value
Feb-05-2008	16:15:08	4	5	dB/Slow	59.3
Feb-05-2008	16:15:13	4	5	dB/Slow	64.6
Feb-05-2008	16:15:18	4	5	dB/Slow	50.9
Feb-05-2008	16:15:23	4	5	dB/Slow	49.9

Could not get to sleep as much as I tried.

Reading taken out of upstairs bedroom window. Very cold.

Date	Time	Group	Interval	Unit/Speed	Value
Feb-06-2008	00:18:56	5	5	dBA/Slow	48.6
Feb-06-2008	00:19:01	5	5	dBA/Slow	48.9
Feb-06-2008	00:19:06	5	5	dBA/Slow	48.9
Feb-06-2008	00:19:11	5	5	dBA/Slow	48.7
Feb-06-2008	00:19:16	5	5	dBA/Slow	49.1

Date	Time	Group	Interval	Unit/Speed	Value
Feb-06-2008	00:20:20	6	5	dB/Slow	53.4
Feb-06-2008	00:20:25	6	5	dB/Slow	50.8
Feb-06-2008	00:20:30	6	5	dB/Slow	51.5
Feb-06-2008	00:20:35	6	5	dB/Slow	50.6
Feb-06-2008	00:20:40	6	5	dB/Slow	52.7
Feb-06-2008	00:20:45	6	5	dB/Slow	51.5
Feb-06-2008	00:20:50	6	5	dB/Slow	51.

Reading inside bedroom.

Date	Time	Group	Interval	Unit/Speed	Value
Feb-06-2008	00:36:52	7	5	dBA/Slow	31.7
Feb-06-2008	00:36:57	7	5	dBA/Slow	30.7
Feb-06-2008	00:37:02	7	5	dBA/Slow	29.6
Feb-06-2008	00:37:07	7	5	dBA/Slow	29.3
Feb-06-2008	00:37:12	7	5	dBA/Slow	29.2
Feb-06-2008	00:37:17	7	5	dBA/Slow	29.1
Feb-06-2008	00:37:22	7	5	dBA/Slow	29.3
Feb-06-2008	00:37:27	7	5	dBA/Slow	29.3
Feb-06-2008	00:37:32	7	5	dBA/Slow	29.1
Feb-06-2008	00:37:37	7	5	dBA/Slow	29.2
Feb-06-2008	00:37:42	7	5	dBA/Slow	29.5

Date	Time	Group	Interval	Unit/Speed	Value
Feb-06-2008	00:37:51	8	5	dB/Slow	39.9
Feb-06-2008	00:37:56	8	5	dB/Slow	46.7
Feb-06-2008	00:38:01	8	5	dB/Slow	46.9
Feb-06-2008	00:38:06	8	5	dB/Slow	46.9
Feb-06-2008	00:38:11	8	5	dB/Slow	46.8
Feb-06-2008	00:38:16	8	5	dB/Slow	46.8
Feb-06-2008	00:38:21	8	5	dB/Slow	46.8
Feb-06-2008	00:38:26	8	5	dB/Slow	46.9
Feb-06-2008	00:38:31	8	5	dB/Slow	46.7
Feb-06-2008	00:38:36	8	5	dB/Slow	46.5

Thursday 7th

Another day to get through after another bad night. I don't know how much longer I can take this. My head thinks it has a hang over and I don't drink. There has to be more to life than this. Have got my usual complaints, headache, nausea, feeling sick ECT.

Friday 8th.

Very bad night and scary. Hard to get to sleep. Noise, pain in ears, whistle in ears, headache, Not good at all. After being woke up for the 2nd time I went downstairs to make myself a drink. Here are the readings taken during the night.

Taken outside at door after being woke up for 2nd time

Date	Time	Group	Interval	Unit/Speed	Value
Feb-08-2008	02:02:55	1	5	dBA/Slow	43.9
Feb-08-2008	02:03:00	1	5	dBA/Slow	43.9
Feb-08-2008	02:03:05	1	5	dBA/Slow	44.1
Feb-08-2008	02:03:10	1	5	dBA/Slow	43.7

Date	Time	Group	Interval	Unit/Speed	Value
Feb-08-2008	02:03:27	2	5	dBC/Slow	56.6
Feb-08-2008	02:03:32	2	5	dBC/Slow	48.7
Feb-08-2008	02:03:37	2	5	dBC/Slow	47.5
Feb-08-2008	02:03:42	2	5	dBC/Slow	48.5
Feb-08-2008	02:03:47	2	5	dBC/Slow	48.9

Taken in upstairs bedroom where I am attempting to get some sleep.

Date	Time	Group	Interval	Unit/Speed	Value
Feb-08-2008	02:49:03	3	5	dBA/Slow	32.1
Feb-08-2008	02:49:08	3	5	dBA/Slow	30.0
Feb-08-2008	02:49:13	3	5	dBA/Slow	29.2

Date	Time	Group	Interval	Unit/Speed	Value
Feb-08-2008	02:49:21	4	5	dBC/Slow	40.2
Feb-08-2008	02:49:26	4	5	dBC/Slow	38.4
Feb-08-2008	02:49:31	4	5	dBC/Slow	39.4
Feb-08-2008	02:49:36	4	5	dBC/Slow	40.1
Feb-08-2008	02:49:41	4	5	dBC/Slow	40.1

Woke up with a violent pulsing in my neck. I wondered what was going on. Did a reading immediately. Note how high the low frequency dBC/Slow is reading.

Date	Time	Group	Interval	Unit/Speed	Value
Feb-08-2008	04:55:38	5	5	dBA/Slow	30.4
Feb-08-2008	04:55:43	5	5	dBA/Slow	31.8
Feb-08-2008	04:55:48	5	5	dBA/Slow	30.3
Feb-08-2008	04:55:53	5	5	dBA/Slow	30.3
Feb-08-2008	04:55:58	5	5	dBA/Slow	33.9
Feb-08-2008	04:56:03	5	5	dBA/Slow	32.5
Feb-08-2008	04:56:08	5	5	dBA/Slow	32.1

Date	Time	Group	Interval	Unit/Speed	Value
Feb-08-2008	04:56:15	6	5	dBC/Slow	46.0
Feb-08-2008	04:56:20	6	5	dBC/Slow	45.1
Feb-08-2008	04:56:25	6	5	dBC/Slow	44.0
Feb-08-2008	04:56:30	6	5	dBC/Slow	45.3
Feb-08-2008	04:56:35	6	5	dBC/Slow	43.6
Feb-08-2008	04:56:40	6	5	dBC/Slow	45.4
Feb-08-2008	04:56:45	6	5	dBC/Slow	52.4
Feb-08-2008	04:56:50	6	5	dBC/Slow	45.3
Feb-08-2008	04:56:55	6	5	dBC/Slow	46.0
Feb-08-2008	04:57:00	6	5	dBC/Slow	46.3
Feb-08-2008	04:57:05	6	5	dBC/Slow	45.0

This is no Joke. Why do we vote, what do we vote for. I'll tell you.

We vote a person into office as our mouth piece. They tell us what their policies are and we think – That's the one for me he want to do good for the people.

I'm afraid not. They are told to do whatever and ignore the rest. Why can't they see what is under their noses and realise their people who voted for them have a serious health problem. You think the hospitals are over stretched now, give it a few more years and the whole structure will collapse because it won't be able to cope with all the sick People. There are masses of people out there sick and Doctors don't know how to cope and are afraid to stand up and make reports for and on behalf of their patients. What a legacy for our children.

You lot out there need to listen for a change.

There I've blown my top. I don't care. I'm angry, very very angry.

You may ask what the hell is wrong with this woman, has she gone mad.

No I've not gone mad but I think I will if they don't stop the physical and mental abuse they are assaulting my body with.

Saturday 9th

Woke up this morning with a horrible sensation in my head. It is difficult to describe it. ---As if someone had violently shook me and everything was loose in my head and it took a couple of minutes to sort it's self out.

I've not been well all day with the usual symptoms. I'm so tired now I'm getting very little done.

I'll be going to bed early tonight in the hope I can slip an extra hour in somewhere. Next weekend I am going away to sleep in my dear friends (Brigitte and Martins) log cabin. The thought of getting some undisturbed sleep sounds like heaven to me. Let's hope I'm not too ill to go as its 1. ½ hours away and driving for so long is a big thing for me now.

Sunday 10th

Well I went to bed at 11pm in the hope of some sleep. No I didn't get much. I live in hope .Here are some more readings.

Reading in bedroom

Date	Time	Group	Interval	Unit/Speed	Value
Feb-10-2008	00:05:30	6	5	dBA/Slow	29.4
Feb-10-2008	00:05:35	6	5	dBA/Slow	29.3
Feb-10-2008	00:05:40	6	5	dBA/Slow	29.1

Date	Time	Group	Interval	Unit/Speed	Value
Feb-10-2008	00:05:50	7	5	dBC/Slow	33.7
Feb-10-2008	00:05:51	8	5	dBC/Slow	34.3
Feb-10-2008	00:05:56	8	5	dBC/Slow	33.3
Feb-10-2008	00:06:01	8	5	dBC/Slow	32.3
Feb-10-2008	00:06:06	8	5	dBC/Slow	32.9
Feb-10-2008	00:06:11	8	5	dBC/Slow	32.9
Feb-10-2008	00:06:16	8	5	dBC/Slow	33.3

Reading out of bedroom window

Date	Time	Group	Interval	Unit/Speed	Value
Feb-10-2008	15:51:31	1	5	dBA/Slow	47.3
Feb-10-2008	15:51:36	1	5	dBA/Slow	46.5

Date	Time	Group	Interval	Unit/Speed	Value
Feb-10-2008	15:52:02	2	5	dBC/Slow	57.6
Feb-10-2008	15:52:07	2	5	dBC/Slow	59.1
Feb-10-2008	15:52:12	2	5	dBC/Slow	55.5
Feb-10-2008	15:52:17	2	5	dBC/Slow	56.4
Feb-10-2008	15:52:22	2	5	dBC/Slow	56.1

Monday 11th

Didn't get a good sleep. Woke up 5 times during night.

Today it is very windy and the Monster turbines are facing away from me, which means the wind is blowing towards me. These are the readings taken outside on my land.

Date	Time	Group	Interval	Unit/Speed	Value
Feb-11-2008	11:19:31	1	5	dBA/Slow	53.3
Feb-11-2008	11:19:36	1	5	dBA/Slow	51.2
Feb-11-2008	11:19:41	1	5	dBA/Slow	52.4
Feb-11-2008	11:19:46	1	5	dBA/Slow	57.2

Date	Time	Group	Interval	Unit/Speed	Value
Feb-11-2008	11:19:50	2	5	dBC/Slow	69.6
Feb-11-2008	11:19:55	2	5	dBC/Slow	76.6
Feb-11-2008	11:20:00	2	5	dBC/Slow	65.4
Feb-11-2008	11:20:05	2	5	dBC/Slow	68.8
Feb-11-2008	11:20:10	2	5	dBC/Slow	69.8
Feb-11-2008	11:20:15	2	5	dBC/Slow	74.7
Feb-11-2008	11:20:20	2	5	dBC/Slow	65.8

Tuesday 12th

Not well this morning. Usual symptoms except my bowels are now very very loose.

At 2:10 this afternoon I had to drive up the road past the side of the turbines. I got a horrendous pain in my ears and all down my jaw. At the same time severe pain in my chest followed by unbelievable wind which then relieved the pain in my chest. I had to keep driving to get away from the turbines. I then felt worse than I did in the morning which was unreal. The turbines were facing away from me as far as I could tell (it was pitch dark). I was woke up at 2:30 am felling really ill and decided to do a reading. The noise was bad. Sound was like a plane hovering over the house.

Reading outside door.

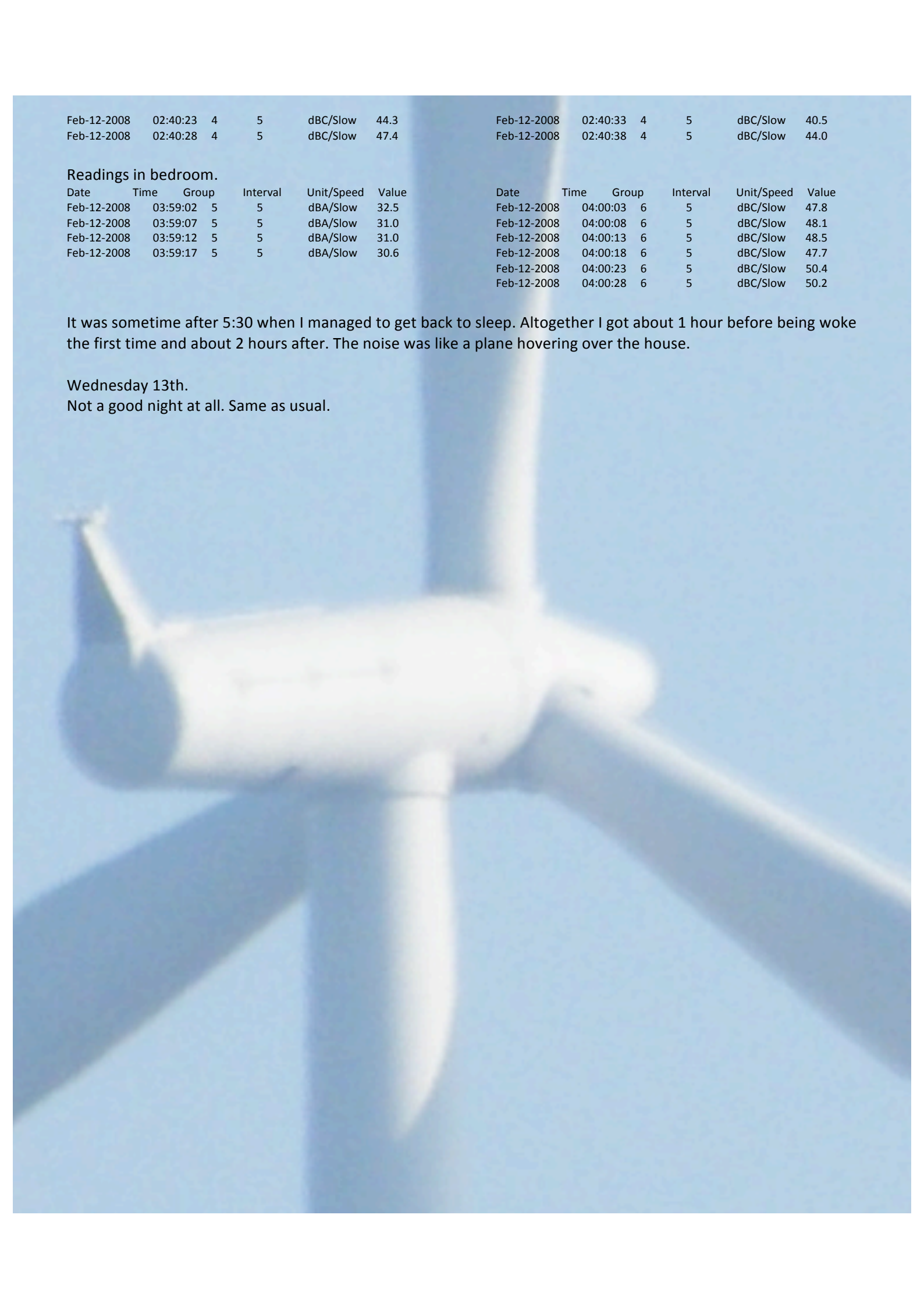
Date	Time	Group	Interval	Unit/Speed	Value
Feb-12-2008	02:35:41	1	5	dBA/Slow	44.7
Feb-12-2008	02:35:46	1	5	dBA/Slow	45.5
Feb-12-2008	02:35:51	1	5	dBA/Slow	44.6
Feb-12-2008	02:35:56	1	5	dBA/Slow	43.1
Feb-12-2008	02:36:01	1	5	dBA/Slow	43.1

Date	Time	Group	Interval	Unit/Speed	Value
Feb-12-2008	02:36:11	2	5	dBC/Slow	56.4
Feb-12-2008	02:36:16	2	5	dBC/Slow	63.3
Feb-12-2008	02:36:21	2	5	dBC/Slow	68.2
Feb-12-2008	02:36:26	2	5	dBC/Slow	78.1
Feb-12-2008	02:36:31	2	5	dBC/Slow	66.0
Feb-12-2008	02:36:36	2	5	dBC/Slow	60.3
Feb-12-2008	02:36:41	2	5	dBC/Slow	61.0
Feb-12-2008	02:36:46	2	5	dBC/Slow	61.9

Readings inside house.

Date	Time	Group	Interval	Unit/Speed	Value
Feb-12-2008	02:39:27	3	5	dBA/Slow	38.9
Feb-12-2008	02:39:32	3	5	dBA/Slow	32.8
Feb-12-2008	02:39:37	3	5	dBA/Slow	34.5
Feb-12-2008	02:39:42	3	5	dBA/Slow	33.1

Date	Time	Group	Interval	Unit/Speed	Value
Feb-12-2008	02:39:47	3	5	dBA/Slow	31.1
Feb-12-2008	02:39:52	3	5	dBA/Slow	31.4
Feb-12-2008	02:40:13	4	5	dBC/Slow	44.9
Feb-12-2008	02:40:18	4	5	dBC/Slow	45.1



Feb-12-2008	02:40:23	4	5	dBC/Slow	44.3
Feb-12-2008	02:40:28	4	5	dBC/Slow	47.4

Feb-12-2008	02:40:33	4	5	dBC/Slow	40.5
Feb-12-2008	02:40:38	4	5	dBC/Slow	44.0

Readings in bedroom.

Date	Time	Group	Interval	Unit/Speed	Value
Feb-12-2008	03:59:02	5	5	dBA/Slow	32.5
Feb-12-2008	03:59:07	5	5	dBA/Slow	31.0
Feb-12-2008	03:59:12	5	5	dBA/Slow	31.0
Feb-12-2008	03:59:17	5	5	dBA/Slow	30.6

Date	Time	Group	Interval	Unit/Speed	Value
Feb-12-2008	04:00:03	6	5	dBC/Slow	47.8
Feb-12-2008	04:00:08	6	5	dBC/Slow	48.1
Feb-12-2008	04:00:13	6	5	dBC/Slow	48.5
Feb-12-2008	04:00:18	6	5	dBC/Slow	47.7
Feb-12-2008	04:00:23	6	5	dBC/Slow	50.4
Feb-12-2008	04:00:28	6	5	dBC/Slow	50.2

It was sometime after 5:30 when I managed to get back to sleep. Altogether I got about 1 hour before being woke the first time and about 2 hours after. The noise was like a plane hovering over the house.

Wednesday 13th.

Not a good night at all. Same as usual.

The lesions that I was suffering from since before October had finally began to disappear. BUT I have now acquired even more. Here are some of the pictures and they are very unpleasant. They itch and are very sore if I catch them. I am unable to wear a bra at all now and am wearing baggy T-shirts.



Reading taken at door

Date	Time	Group	Interval	Unit/Speed	Value
Feb-12-2008	22:33:53	1	5	dBA/Slow	45.5
Feb-12-2008	22:33:58	1	5	dBA/Slow	44.9
Feb-12-2008	22:34:03	1	5	dBA/Slow	45.0
Feb-12-2008	22:34:08	1	5	dBA/Slow	44.1
Feb-12-2008	22:34:13	1	5	dBA/Slow	43.7

Date	Time	Group	Interval	Unit/Speed	Value
Feb-12-2008	22:34:48	2	5	dBC/Slow	62.6
Feb-12-2008	22:34:53	2	5	dBC/Slow	63.0
Feb-12-2008	22:34:58	2	5	dBC/Slow	64.6
Feb-12-2008	22:35:03	2	5	dBC/Slow	61.2
Feb-12-2008	22:35:08	2	5	dBC/Slow	59.7
Feb-12-2008	22:35:13	2	5	dBC/Slow	59.3

Reading taken at door.

Date	Time	Group	Interval	Unit/Speed	Value
Feb-13-2008	01:54:02	3	5	dBA/Slow	30.6
Feb-13-2008	01:54:07	3	5	dBA/Slow	29.4
Feb-13-2008	01:54:12	3	5	dBA/Slow	30.0
Feb-13-2008	01:54:17	3	5	dBA/Slow	31.3
Feb-13-2008	01:54:22	3	5	dBA/Slow	29.6

Date	Time	Group	Interval	Unit/Speed	Value
Feb-13-2008	01:54:29	4	5	dBC/Slow	46.1
Feb-13-2008	01:54:34	4	5	dBC/Slow	47.9
Feb-13-2008	01:54:39	4	5	dBC/Slow	49.1
Feb-13-2008	01:54:44	4	5	dBC/Slow	46.8
Feb-13-2008	01:54:49	4	5	dBC/Slow	47.0
Feb-13-2008	01:54:54	4	5	dBC/Slow	47.0

Reading taken at door.

Date	Time	Group	Interval	Unit/Speed	Value
Feb-13-2008	11:15:58	6	5	dBA/Slow	53.6
Feb-13-2008	11:16:03	6	5	dBA/Slow	42.7
Feb-13-2008	11:16:08	6	5	dBA/Slow	44.0
Feb-13-2008	11:16:13	6	5	dBA/Slow	44.3

Date	Time	Group	Interval	Unit/Speed	Value
Feb-13-2008	11:16:20	7	5	dBC/Slow	58.0
Feb-13-2008	11:16:25	7	5	dBC/Slow	60.3
Feb-13-2008	11:16:30	7	5	dBC/Slow	60.8

I have been monitoring the noise and low frequency a lot today as it is very windy. The turbines are turned away from me and the noise is horrendous. Sounds like a plane is hovering over the house again. My ears feel as if they are going to burst. It's going to be a very rough night for getting any sleep.

Readings outside door

Date	Time	Group	Interval	Unit/Speed	Value
Feb-13-2008	20:45:31	1	5	dBA/Slow	57.2
Feb-13-2008	20:45:36	1	5	dBA/Slow	53.5
Feb-13-2008	20:46:58	2	5	dBA/Slow	52.6
Feb-13-2008	20:47:03	2	5	dBA/Slow	45.7
Feb-13-2008	20:47:08	2	5	dBA/Slow	44.5
Feb-13-2008	20:47:13	2	5	dBA/Slow	47.8
Feb-13-2008	20:47:18	2	5	dBA/Slow	43.8
Feb-13-2008	20:47:23	2	5	dBA/Slow	43.4
Feb-13-2008	20:47:58	3	5	dBA/Slow	53.0
Feb-13-2008	20:48:03	3	5	dBA/Slow	44.7
Feb-13-2008	20:48:11	4	5	dBA/Slow	44.9

Date	Time	Group	Interval	Unit/Speed	Value
Feb-13-2008	20:48:29	5	5	dBC/Slow	63.0
Feb-13-2008	20:48:34	5	5	dBC/Slow	61.0
Feb-13-2008	20:48:39	5	5	dBC/Slow	62.0
Feb-13-2008	20:48:44	5	5	dBC/Slow	63.3
Feb-13-2008	20:48:49	5	5	dBC/Slow	62.6
Feb-13-2008	20:48:54	5	5	dBC/Slow	63.4
Feb-13-2008	20:48:59	5	5	dBC/Slow	63.7

Reading taken out of bedroom window.

Date	Time	Group	Interval	Unit/Speed	Value
Feb-13-2008	22:57:12	1	2	dBA/Slow	45.6
Feb-13-2008	22:57:14	1	2	dBA/Slow	45.4
Feb-13-2008	22:57:16	1	2	dBA/Slow	45.8
Feb-13-2008	22:57:18	1	2	dBA/Slow	45.4
Feb-13-2008	22:57:20	1	2	dBA/Slow	47.2
Feb-13-2008	22:57:22	1	2	dBA/Slow	48.0
Feb-13-2008	22:57:24	1	2	dBA/Slow	46.4
Feb-13-2008	22:57:26	1	2	dBA/Slow	46.6
Feb-13-2008	22:57:28	1	2	dBA/Slow	47.0
Feb-13-2008	22:57:30	1	2	dBA/Slow	46.2
Feb-13-2008	22:57:32	1	2	dBA/Slow	46.5

Date	Time	Group	Interval	Unit/Speed	Value
Feb-13-2008	22:57:38	2	2	dBC/Slow	74.6
Feb-13-2008	22:57:40	2	2	dBC/Slow	63.6
Feb-13-2008	22:57:42	2	2	dBC/Slow	60.2
Feb-13-2008	22:57:44	2	2	dBC/Slow	62.7
Feb-13-2008	22:57:46	2	2	dBC/Slow	60.6
Feb-13-2008	22:57:48	2	2	dBC/Slow	59.7
Feb-13-2008	22:57:50	2	2	dBC/Slow	62.2
Feb-13-2008	22:57:52	2	2	dBC/Slow	61.7
Feb-13-2008	22:57:54	2	2	dBC/Slow	69.2
Feb-13-2008	22:57:56	2	2	dBC/Slow	65.1
Feb-13-2008	22:57:58	2	2	dBC/Slow	61.1
Feb-13-2008	22:58:00	2	2	dBC/Slow	59.0
Feb-13-2008	22:58:02	2	2	dBC/Slow	58.0
Feb-13-2008	22:58:04	2	2	dBC/Slow	58.4
Feb-13-2008	22:58:06	2	2	dBC/Slow	58.7
Feb-13-2008	22:58:08	2	2	dBC/Slow	59.5
Feb-13-2008	22:58:10	2	2	dBC/Slow	59.8

Reading taken in bedroom

Date	Time	Group	Interval	Unit/Speed	Value
Feb-13-2008	22:59:17	4	2	dBA/Slow	30.4
Feb-13-2008	22:59:19	4	2	dBA/Slow	30.6
Feb-13-2008	22:59:21	4	2	dBA/Slow	30.4
Feb-13-2008	22:59:23	4	2	dBA/Slow	30.4
Feb-13-2008	22:59:25	4	2	dBA/Slow	30.4
Feb-13-2008	22:59:27	4	2	dBA/Slow	30.4
Feb-13-2008	22:59:29	4	2	dBA/Slow	30.3
Feb-13-2008	22:59:31	4	2	dBA/Slow	30.3
Feb-13-2008	22:59:33	4	2	dBA/Slow	30.3
Feb-13-2008	22:59:35	4	2	dBA/Slow	30.5
Feb-13-2008	22:59:39	4	2	dBA/Slow	30.5

Date	Time	Group	Interval	Unit/Speed	Value
Feb-13-2008	22:59:42	5	2	dBC/Slow	47.6
Feb-13-2008	22:59:44	5	2	dBC/Slow	46.1
Feb-13-2008	22:59:46	5	2	dBC/Slow	46.0
Feb-13-2008	22:59:48	5	2	dBC/Slow	47.8
Feb-13-2008	22:59:50	5	2	dBC/Slow	46.7
Feb-13-2008	22:59:52	5	2	dBC/Slow	45.3
Feb-13-2008	22:59:54	5	2	dBC/Slow	44.5
Feb-13-2008	22:59:56	5	2	dBC/Slow	44.5
Feb-13-2008	22:59:58	5	2	dBC/Slow	43.7

Thursday 14th.

Got up this morning and the pain in my head is unbelievable. Took 2 pain capsules and 1 hour later it has still not eased the pain. I can't wait till tomorrow when I will be going to my friend's log cabin for 2 days to get away from these monsters.

I did a reading and the noise level is above the 45 d/BA and the d/BC (low frequency) is very high. It was much higher earlier this morning but I felt too ill to get up and do the reading. Anyway here are the readings:

Date	Time	Group	Interval	Unit/Speed	Value
Feb-14-2008	10:07:26	1	2	dBA/Slow	48.4
Feb-14-2008	10:07:28	1	2	dBA/Slow	46.7
Feb-14-2008	10:07:30	1	2	dBA/Slow	47.1
Feb-14-2008	10:07:32	1	2	dBA/Slow	46.3
Feb-14-2008	10:07:34	1	2	dBA/Slow	46.4
Feb-14-2008	10:07:36	1	2	dBA/Slow	47.3
Feb-14-2008	10:07:38	1	2	dBA/Slow	46.9
Feb-14-2008	10:07:40	1	2	dBA/Slow	49.7
Feb-14-2008	10:07:42	1	2	dBA/Slow	47.4
Feb-14-2008	10:07:44	1	2	dBA/Slow	48.1

Date	Time	Group	Interval	Unit/Speed	Value
Feb-14-2008	10:07:49	2	2	dBC/Slow	65.8
Feb-14-2008	10:07:51	2	2	dBC/Slow	65.2
Feb-14-2008	10:07:53	2	2	dBC/Slow	65.0
Feb-14-2008	10:07:55	2	2	dBC/Slow	64.7
Feb-14-2008	10:07:57	2	2	dBC/Slow	69.8
Feb-14-2008	10:07:59	2	2	dBC/Slow	79.5
Feb-14-2008	10:08:01	2	2	dBC/Slow	67.1
Feb-14-2008	10:08:03	2	2	dBC/Slow	64.6
Feb-14-2008	10:08:05	2	2	dBC/Slow	66.6
Feb-14-2008	10:08:07	2	2	dBC/Slow	74.3
Feb-14-2008	10:08:09	2	2	dBC/Slow	76.0
Feb-14-2008	10:08:11	2	2	dBC/Slow	65.5
Feb-14-2008	10:08:13	2	2	dBC/Slow	68.4
Feb-14-2008	10:08:15	2	2	dBC/Slow	67.7

Reading in bedroom

Date	Time	Group	Interval	Unit/Speed	Value
Feb-15-2008	01:04:47	1	2	dBA/Slow	46.5
Feb-15-2008	01:04:49	1	2	dBA/Slow	54.1
Feb-15-2008	01:04:51	1	2	dBA/Slow	48.5
Feb-15-2008	01:04:53	1	2	dBA/Slow	51.3
Feb-15-2008	01:04:55	1	2	dBA/Slow	46.9
Feb-15-2008	01:04:57	1	2	dBA/Slow	46.0
Feb-15-2008	01:04:59	1	2	dBA/Slow	45.6
Feb-15-2008	01:05:01	1	2	dBA/Slow	45.7
Feb-15-2008	01:05:13	2	2	dBC/Slow	73.0
Feb-15-2008	01:05:07	1	2	dBA/Slow	47.6
Feb-15-2008	01:05:07	1	2	dBA/Slow	47.6
Feb-15-2008	01:05:05	1	2	dBA/Slow	48.0

Date	Time	Group	Interval	Unit/Speed	Value
Feb-15-2008	01:05:13	2	2	dBC/Slow	73.0
Feb-15-2008	01:05:15	2	2	dBC/Slow	65.5
Feb-15-2008	01:05:17	2	2	dBC/Slow	64.3
Feb-15-2008	01:05:19	2	2	dBC/Slow	62.2
Feb-15-2008	01:05:21	2	2	dBC/Slow	64.1
Feb-15-2008	01:05:23	2	2	dBC/Slow	63.4
Feb-15-2008	01:05:25	2	2	dBC/Slow	62.4
Feb-15-2008	01:05:27	2	2	dBC/Slow	62.9
Feb-15-2008	01:05:29	2	2	dBC/Slow	62.1
Feb-15-2008	01:05:31	2	2	dBC/Slow	61.8

Reading out of bedroom window

Date	Time	Group	Interval	Unit/Speed	Value
Feb-15-2008	01:12:44	3	2	dBA/Slow	61.9
Feb-15-2008	01:12:46	3	2	dBA/Slow	60.4
Feb-15-2008	01:12:48	3	2	dBA/Slow	62.4
Feb-15-2008	01:12:50	3	2	dBA/Slow	62.2
Feb-15-2008	01:12:52	3	2	dBA/Slow	63.3
Feb-15-2008	01:12:54	3	2	dBA/Slow	62.8
Feb-15-2008	01:12:56	3	2	dBA/Slow	60.9
Feb-15-2008	01:12:58	3	2	dBA/Slow	58.3
Feb-15-2008	01:13:00	3	2	dBA/Slow	70.0
Feb-15-2008	01:13:02	3	2	dBA/Slow	61.3
Feb-15-2008	01:13:04	3	2	dBA/Slow	58.5

Date	Time	Group	Interval	Unit/Speed	Value
Feb-15-2008	01:13:09	4	2	dBC/Slow	81.5
Feb-15-2008	01:13:11	4	2	dBC/Slow	84.0
Feb-15-2008	01:13:13	4	2	dBC/Slow	84.5
Feb-15-2008	01:13:15	4	2	dBC/Slow	89.1
Feb-15-2008	01:13:17	4	2	dBC/Slow	98.0
Feb-15-2008	01:13:19	4	2	dBC/Slow	66.8
Feb-15-2008	01:13:21	4	2	dBC/Slow	72.3
Feb-15-2008	01:13:23	4	2	dBC/Slow	75.4
Feb-15-2008	01:13:25	4	2	dBC/Slow	64.2
Feb-15-2008	01:13:27	4	2	dBC/Slow	67.1
Feb-15-2008	01:13:29	4	2	dBC/Slow	86.5
Feb-15-2008	01:13:31	4	2	dBC/Slow	107.8
Feb-15-2008	01:13:33	4	2	dBC/Slow	92.4
Feb-15-2008	01:13:35	4	2	dBC/Slow	91.2
Feb-15-2008	01:13:37	4	2	dBC/Slow	101.1
Feb-15-2008	01:13:39	4	2	dBC/Slow	103.4
Feb-15-2008	01:13:41	4	2	dBC/Slow	102.1

Sunday 17th

Went away for the weekend and came home refreshed. It didn't last long. An hour has gone by and I'm getting back to square one.

