

Your free report · your first 30 days, Jun 5 – Jul 4, 2026

Only these days are in this report

COVERAGE

28/30

days checked in

YOUR DAYS

18 good

calm or steady · 1 mixed
· 2 stormy

MOST FREQUENT

3.8/wk

Hot Flashes · 12 of 22 days

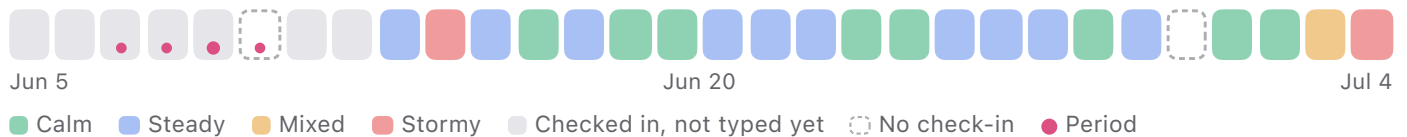
CYCLE

Period started Jun 7.

Your 30 days

Jun 5 – Jul 4

Each day compared with Maya's own recent days · 21 of 30 days typed · 7 checked in but too early to type (a day needs the week before it)



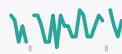
Sleep

2.6 of 5
28 days rated



Mood

2.9 of 5
28 days rated



Energy

3.4 of 5
28 days rated



Irritability

3.0 of 5
22 days rated



Questions to ask

- 1 My sleep has been rough — is there something we can try?
Suggested by PeriPal
- 2 Is HRT (hormone replacement therapy) an option for me?
Suggested by PeriPal
- 3 Can we run a full metabolic panel and check my hormone levels?
Suggested by PeriPal

Treatments

as of Jul 4

No treatments running in these days.

What stands out

Jun 5 – Jul 4

Linked in Maya's data, not proof of cause

After a bad night, low days are **6.2x** more likely
11 bad nights and 17 other nights · the next day



73% vs 12%

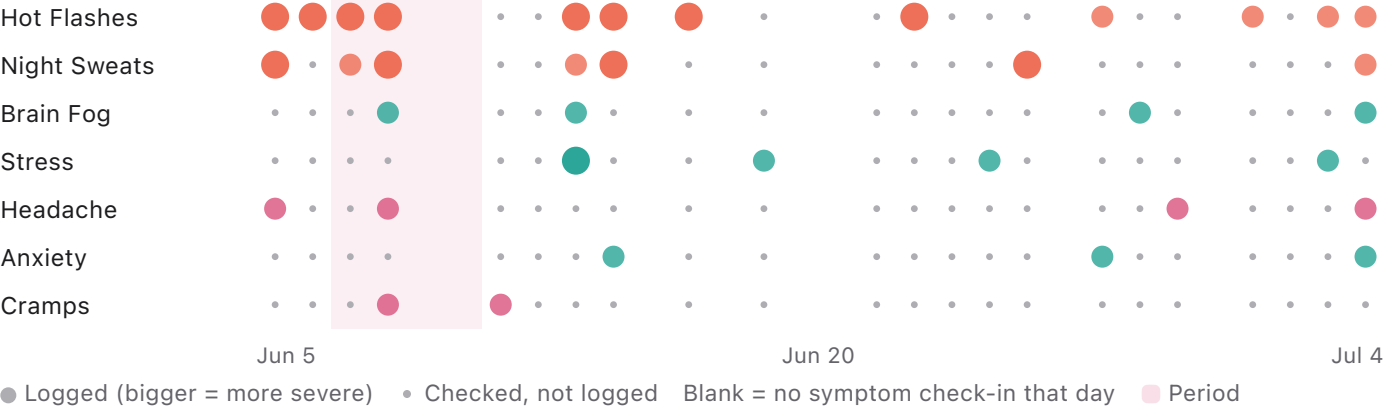
Your 30 days

How the 30 days went, day by day

GENERAL

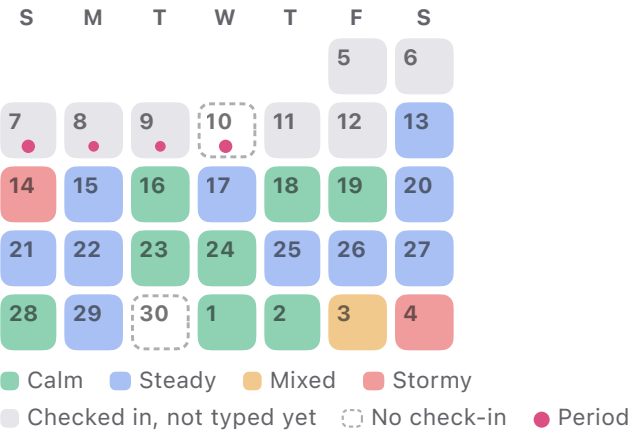
When symptoms happened

Jun 5 – Jul 4



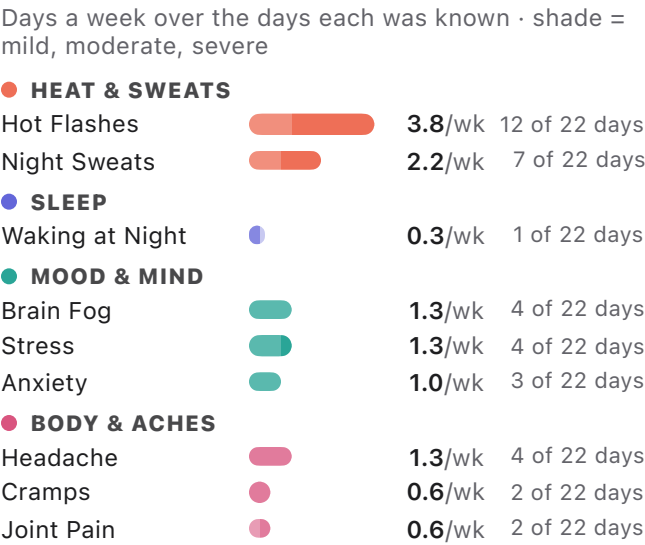
Your days

Jun 5 – Jul 4



Symptoms

Jun 5 – Jul 4



Daily ratings

Jun 5 – Jul 4

1 to 5, one value a day; 5 is best, except irritability, where 5 is most irritable · tick = a day not rated

Sleep

2.6 of 5



11 bad nights of 28 days rated

Mood

2.9 of 5



10 low days of 28 days rated

Energy

3.4 of 5



5 low-energy days of 28 days rated

Clarity

2.8 of 5



8 foggy days of 22 days rated

Irritability

3.0 of 5



8 irritable days of 22 days rated

Cycle & connections

Cycles, and what tends to go together

GENERAL

Cycle

Jun 5 – Jul 4

STARTED	LENGTH	PERIOD
Jun 7	—	4
Current cycle, day 28		
No finished cycle in these days yet, so no average.		

Connections

Jun 5 – Jul 4



After a bad night, low days are **6.2x** more likely
11 bad nights and 17 other nights · the next day

Shown only with 10+ days on each side, a clear difference, and when unlikely to be chance across every pair tested. Gray bar = the other days.