

Your 30 days

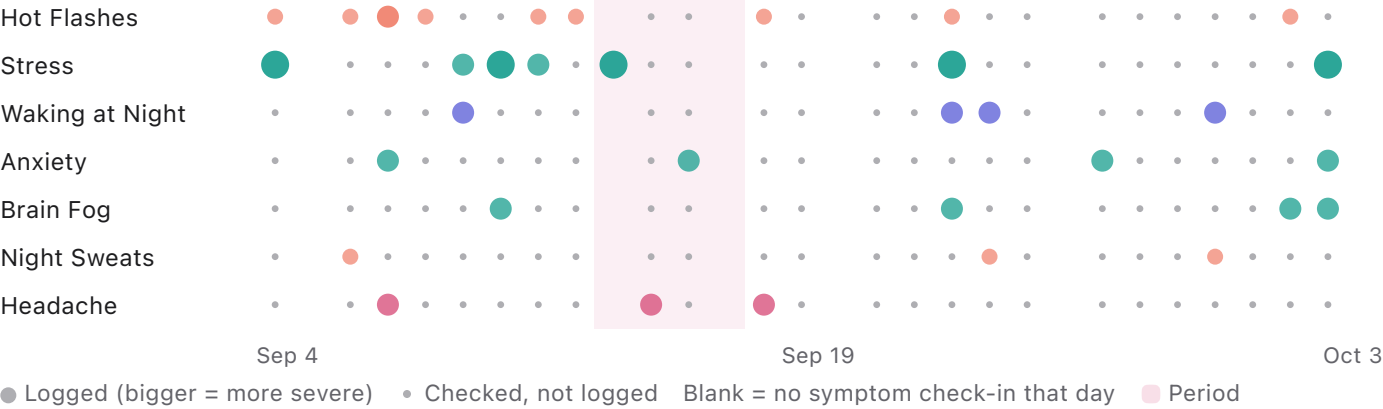
How the 30 days went, day by day

Sep 4 – Oct 3, 2026
As of Oct 3, 2026

GENERAL

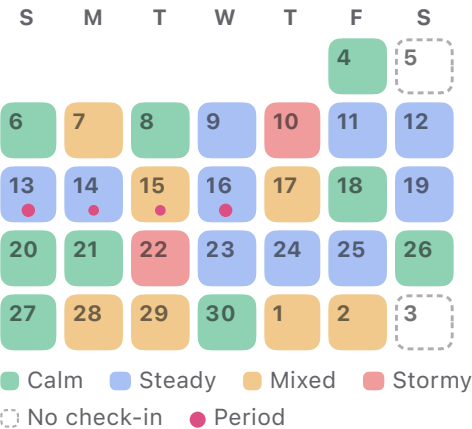
When symptoms happened

Sep 4 – Oct 3



Your days

Sep 4 – Oct 3



Symptoms

Sep 4 – Oct 3

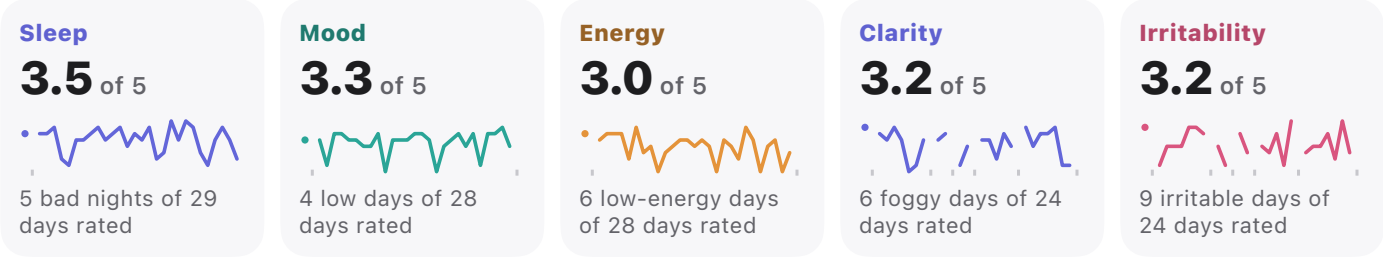
Days a week over the days each was known · shade = mild, moderate, severe



Daily ratings

Sep 4 – Oct 3

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



Treatments

Before and after each treatment, with the days compared

GENERAL

Magnesium glycinate · 300 mg at night

Supplement · since Sep 13 · 2 weeks

Day 21 of 42

PeriPal waits 6 weeks before judging. First result possible around Oct 25, if there are enough check-ins.

Will be compared with the 30 days before it started: Aug 14 – Sep 12 · 27 check-ins

IRRITABLE DAYS

2.3/wk

over 24 days with it known

HOT FLASHES

2.9/wk

over 24 days with it known

LOW-ENERGY DAYS

1.8/wk

over 27 days with it known

Estradiol patch · 0.05 mg

Prescription · since Jul 25 · 10 weeks

Helping

Your days have been lighter than in the 30 days before you started. PeriPal compares whole weeks and waited 6 weeks before saying so.

BEFORE Jun 25 – Jul 24 · 26 check-ins

COMPARED Sep 5 – Oct 2 · 27 check-ins · the last 4 whole weeks

Hot Flashes

days a week · over 22 and 23 days with it known

3.5 → 2.4

Better 30%

Night Sweats

days a week · over 22 and 23 days with it known

3.5 → 0.9

Better 74%

Bad nights

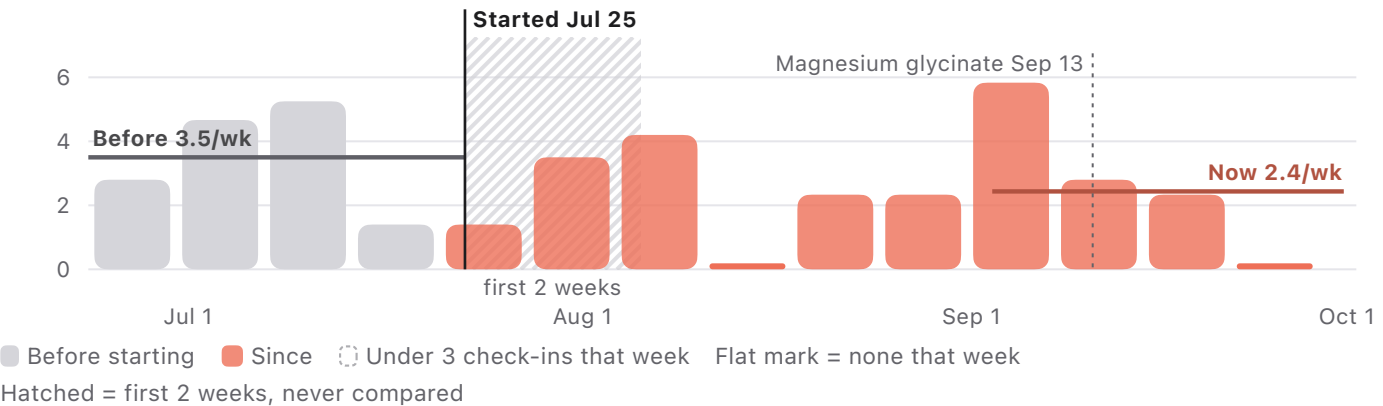
days a week · over 26 and 27 days with it known

3.2 → 1.0

Better 68%

Hot Flashes, days a week

Jun 25 – Oct 3



Also running in the compared weeks: Magnesium glycinate (from Sep 13). PeriPal can't fully tell which one made the difference.

Rates are rounded; percentages use the unrounded rates.

Cycle & connections

Cycles, and what tends to go together

GENERAL

Cycle

Oct 4, 2025 – Oct 3, 2026 · records from Jun 5

NEXT PERIOD

Likely Oct 15 – 17

From the average of the last 3 cycles, 33 days.
Confidence is medium.

3 cycles counted: average 33 days (32–33). Periods average 4 days.

STARTED	LENGTH	PERIOD
Sep 13	—	4
Aug 11	33	4
Jul 10	32	4
Jun 7	33	4

Every finished cycle in this table is counted in the average.

Connections

Apr 5 – Oct 3 · check-ins from Jun 5



On nights with night sweats, bad nights are 4.7x more likely 26 nights with night sweats and 65 nights without · same night		58% vs 12%
On nights with night sweats, low-energy days are 4.6x more likely 26 nights with night sweats and 65 nights without · the next day		50% vs 11%
After a bad night, low days are 3.9x more likely 28 bad nights and 81 other nights · the next day		68% vs 17%
After a bad night, low-energy days are 3.3x more likely 28 bad nights and 81 other nights · the next day		54% vs 16%
After a bad night, irritable days are 2.4x more likely 23 bad nights and 68 other nights · the next day		57% vs 24%
On stressful days, irritable days are 2.5x more likely 14 stressful days and 77 other days · same day		64% vs 26%

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.