

Your 3-month health summary

Clinical summary · sleep and the whole picture first

Maya R.
Jul 3 – Oct 3, 2026
As of Oct 3, 2026

PRIMARY CARE

SLEEP

3.1 of 5

20 bad nights of 84 rated

YOUR DAYS

57 good

calm or steady · 19 mixed · 7 stormy

STRESS

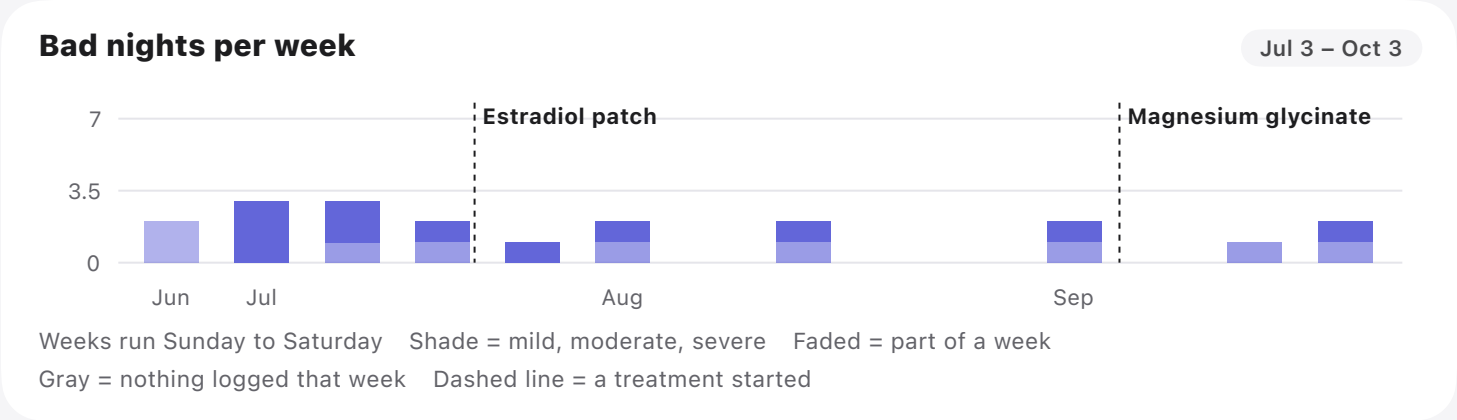
1.2/wk

stress · 13 of 73 days · 5 severe

SLEEP LINK

4.7×

On nights with night sweats, bad nights are more likely



Questions for this visit

for Oct 15

- After a bad night I'm often irritable the next day. What can help my sleep?
From Connections
- The patch is helping my hot flashes. Should I stay on this dose?
From Care
- Is it normal that my cycles are getting longer?
Your own question

Treatments

as of Oct 3

Estradiol patch 0.05 mg

Prescription · since Jul 25 · 10 weeks

Helping

Hot Flashes		-30%
Night Sweats		-74%
Bad nights		-68%

Jun 25 – Jul 24 vs Sep 5 – Oct 2

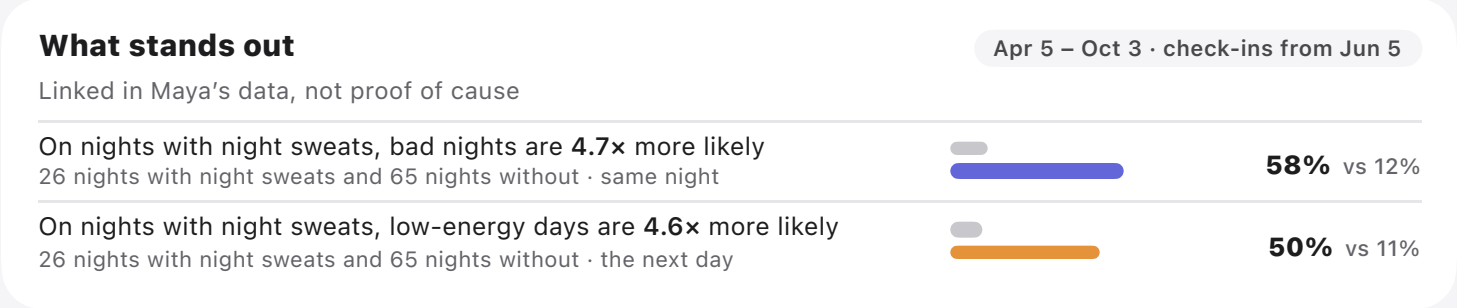
Also running in the compared weeks: Magnesium glycinate (from Sep 13). PeriPal can't fully tell which one made the difference.

Magnesium glycinate 300 mg at night

Supplement · since Sep 13 · 2 weeks

First result possible around Oct 25, if there are enough check-ins

Day 21 of 42

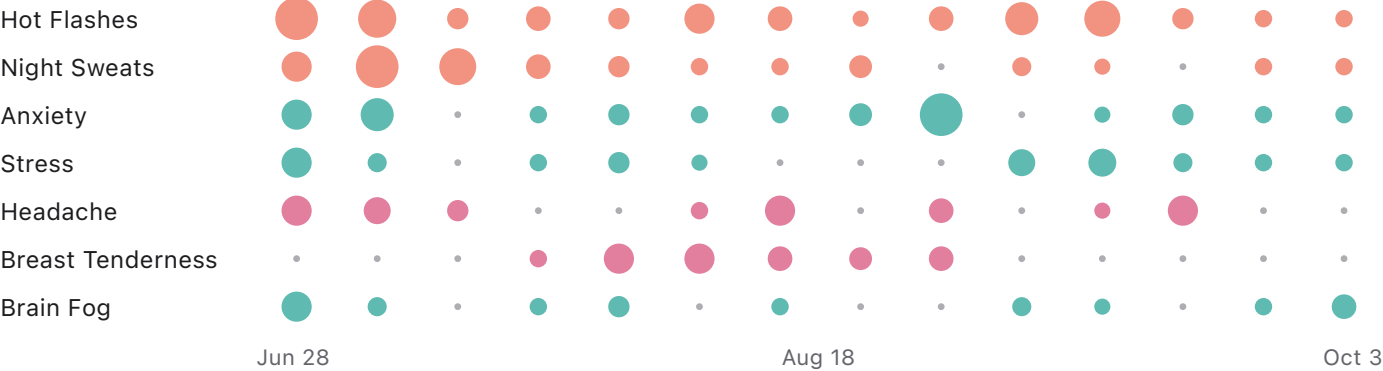


Your 3 months

How the 3 months went, week by week

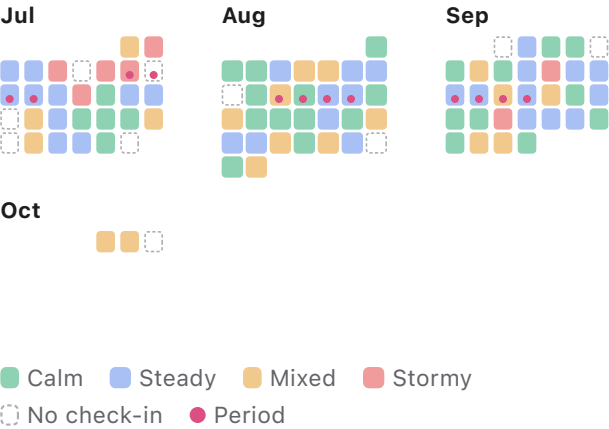
When symptoms happened

Jul 3 – Oct 3



Your days

Jul 3 – Oct 3



Symptoms

Jul 3 – Oct 3

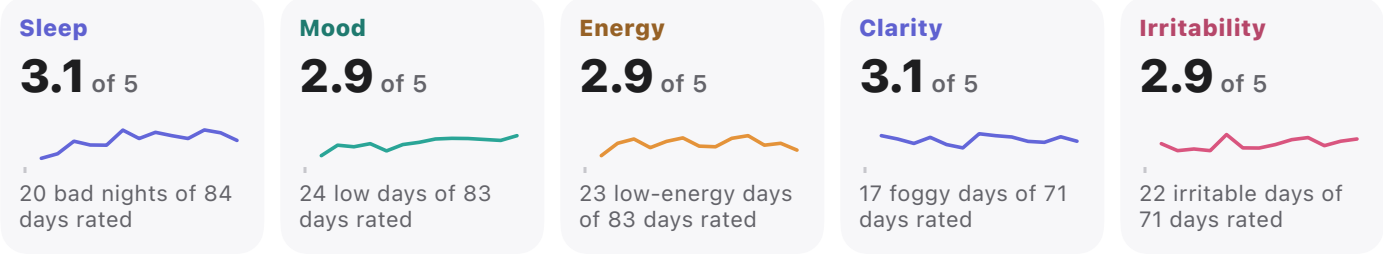
Days a week over the days each was known · shade = mild, moderate, severe



Daily ratings

Jul 3 – Oct 3

1 to 5, the average of each week's rated days; 5 is best, except irritability, where 5 is most irritable



Treatments

Before and after each treatment, with the days compared

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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.

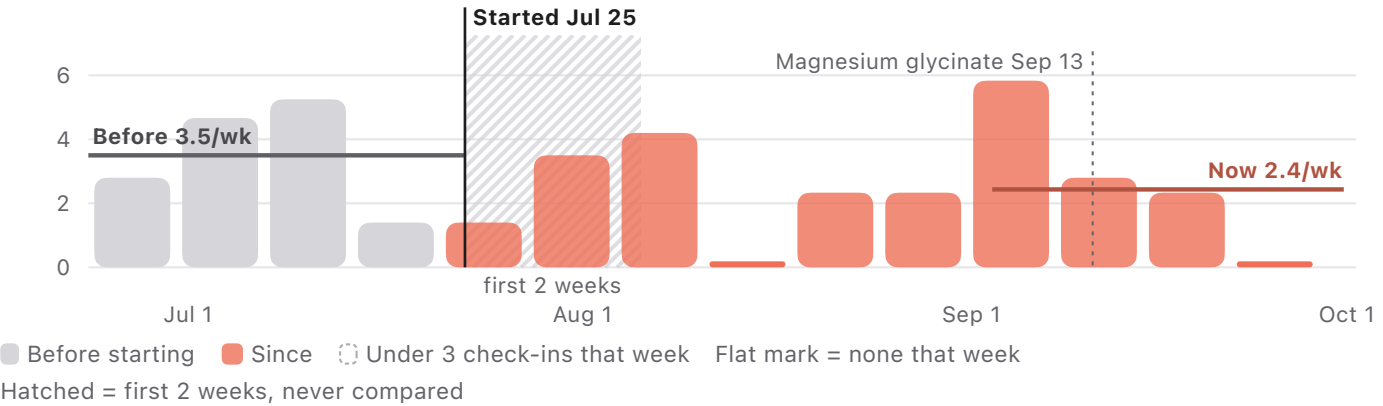
BEFORE Jun 25 – Jul 24 • 26 check-ins

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

Hot Flashes		3.5 → 2.4	Better 30%
days a week • over 22 and 23 days with it known			
Night Sweats		3.5 → 0.9	Better 74%
days a week • over 22 and 23 days with it known			
Bad nights		3.2 → 1.0	Better 68%
days a week • over 26 and 27 days with it known			

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

PRIMARY CARE

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	—	4Current cycle, day 21
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.

Visit notes and lab results

What was kept from each visit in these days

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Gynecology · Jul 23, 2026

DECIDED

Started Estradiol patch 0.05 mg

SAID AT THE VISIT

Give the patch three months before we judge it.