

Your 30-day health summary

Clinical summary · sleep and the whole picture first

Maya R.

Sep 4 – Oct 3, 2026

As of Oct 3, 2026

PRIMARY CARE

SLEEP

3.5 of 5

5 bad nights of 29 rated

YOUR DAYS

19 good

calm or steady · 7 mixed · 2 stormy

STRESS

2.0/wk

stress · 7 of 25 days · 5 severe

SLEEP LINK

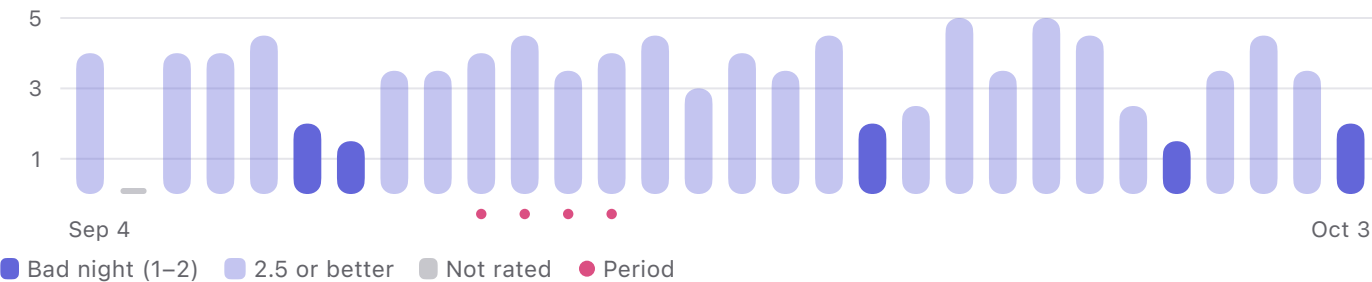
4.7x

On nights with night sweats, bad nights are more likely

Sleep, night by night

Sep 4 – Oct 3

Sleep rating each morning, 1 to 5



Questions for this visit

for Oct 15

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

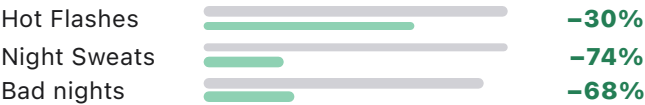
Treatments

as of Oct 3

Estradiol patch 0.05 mg

Helping

Prescription · since Jul 25 · 10 weeks



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

Day 21 of 42

Supplement · since Sep 13 · 2 weeks

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

What stands out

Apr 5 – Oct 3 · check-ins from Jun 5

Linked in Maya's data, not proof of cause

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%

Your 30 days

How the 30 days went, day by day

Maya R.

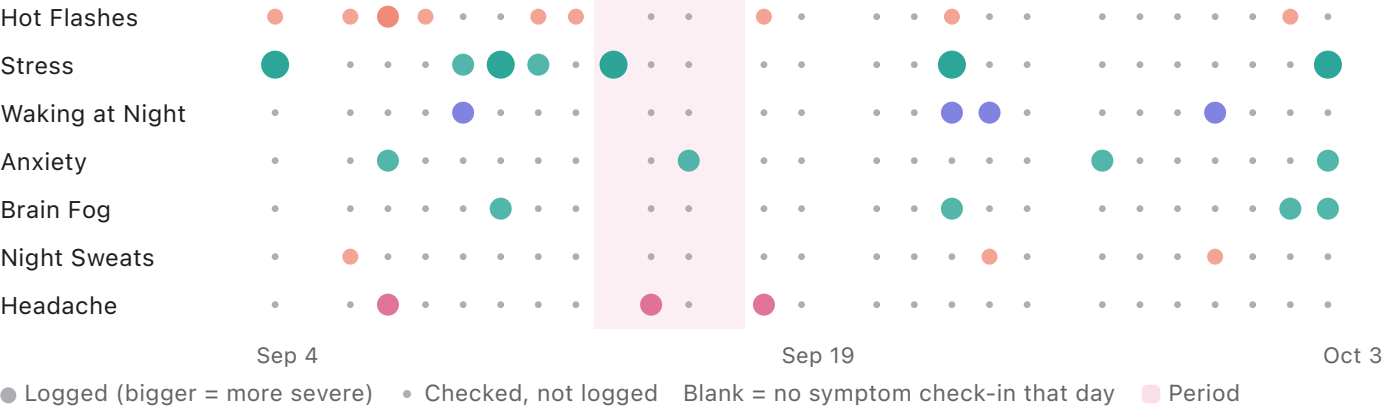
Sep 4 – Oct 3, 2026

As of Oct 3, 2026

PRIMARY CARE

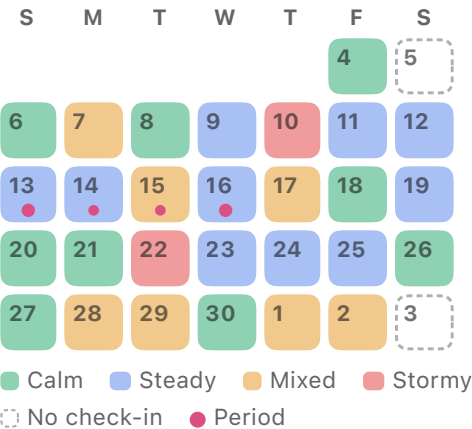
When symptoms happened

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

Sleep

3.5 of 5



5 bad nights of 29 days rated

Mood

3.3 of 5



4 low days of 28 days rated

Energy

3.0 of 5



6 low-energy days of 28 days rated

Clarity

3.2 of 5



6 foggy days of 24 days rated

Irritability

3.2 of 5



9 irritable days of 24 days rated

Treatments

Before and after each treatment, with the days compared

PRIMARY CARE

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

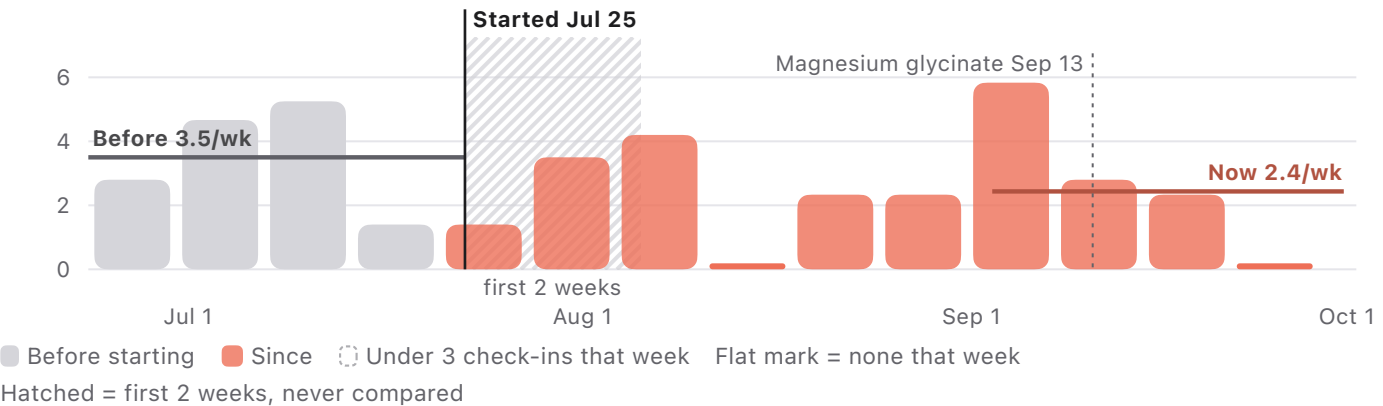
days a week · over 26 and 27 days with it known

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

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	—	4 Current 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.