Brisalia | Perimenopause & Menopause Tracker

For my appointment

Report period 21 Aug 2026 – 20 Nov 2026 **Exported** 20 Nov 2026 **Diary coverage** 84 of 92 days logged

What I'd like to discuss

"I had some light bleeding. Should the patch dose be adjusted?"

Most bothersome symptom: **Hot flashes**

Logged medication

Hormone patch · 50 mcg · twice a week
Latest change: **10 Oct 2026** · Hormone patch: from 25 mcg to 50 mcg

Periods and bleeding

2 periods with dates she recorded · 1 other bleeding or spotting entry
2 Sept – 5 Sept 2026 · Period (start and end she recorded) · 4 days. Bleeding logged on 4 of these 4 days. Heaviest on 3 Sept.
14 Oct – 16 Oct 2026 · Period (start and end she recorded) · 3 days. Bleeding logged on 3 of these 3 days. Heaviest on 15 Oct.
4 Nov · Other bleeding: spotting, not sure.
Time between recorded period starts (start to start): 28 Jul → 2 Sept: 36 days; 2 Sept → 14 Oct: 42 days
Period summary for this report (21 Aug – 20 Nov 2026), from the dates she recorded: last recorded period 14 Oct – 16 Oct 2026 (3 days); 37 days from that start to the end of this report.
Average time between recorded starts: 39 days, based on 2 recorded intervals in this report (shortest 36, longest 42 days).
Average length of completed periods: 3.5 days, based on 2 completed periods in this report.
Recorded history only: a period that wasn't recorded can lengthen an interval. Not a prediction.

Key symptoms and daily life

Hot flashes · 69 of 84 logged days · average bother 2.9/5
Night sweats · 45 of 84 logged days · average bother 3.0/5
Poor sleep · 35 of 84 logged days · average bother 2.7/5

Answered on 1 of 84 logged days. Harder to do: sleep (1 day).

A day not logged does not count as a day without symptoms.

Sleep

Average sleep: 6 h 56 min per recorded night, based on 25 nights in this report.
How she slept (nights she answered): well 10 · OK 10 · badly 9.

Patient-reported diary. Brisalia is not a medical device. It does not diagnose conditions or recommend treatments.
Your diary is stored on your device. Exported PDF copies are separate from the diary.
For healthcare professionals: brisalia.app/en/profesionales

Before and after: Hormone patch: from 25 mcg to 50 mcg

Before: 12 Sept – 9 Oct (24 logged days)
After, from the change day (included): 10 Oct – 6 Nov (26 logged days)

Symptom	Before	After
Hot flashes	19 of 24 days · average bother 2.7/5	19 of 26 days · average bother 3.0/5
Night sweats	13 of 24 days · average bother 2.8/5	17 of 26 days · average bother 3.1/5
Poor sleep	9 of 24 days · average bother 2.6/5	11 of 26 days · average bother 3.0/5
Joint pain	6 of 24 days · average bother 3.3/5	3 of 26 days · average bother 2.7/5
Brain fog	4 of 24 days · average bother 2.0/5	3 of 26 days · average bother 2.3/5

Days with the symptom out of the days logged in each window, and its average bother. A comparison of what was logged: it does not show causes.

All symptoms logged

Joint pain 20 of 84 logged days · average bother 2.8/5; **Brain fog** 16 of 84 logged days · average bother 2.0/5; **Anxiety** 15 of 84 logged days · average bother 2.1/5; **Period pain** 4 of 84 logged days · average bother 1.8/5; **Headache** 3 of 84 logged days · average bother 2.3/5

Treatment timeline

12 Sept 2026 · Started Hormone patch (25 mcg · twice a week)

Notes shared by the patient

12 Sept 2026 · Diary
“First day with the patch.”

Patient-reported diary. Brisalia is not a medical device. It does not diagnose conditions or recommend treatments.
Your diary is stored on your device. Exported PDF copies are separate from the diary.
For healthcare professionals: brisalia.app/en/profesionales