# Dim

Migraine report

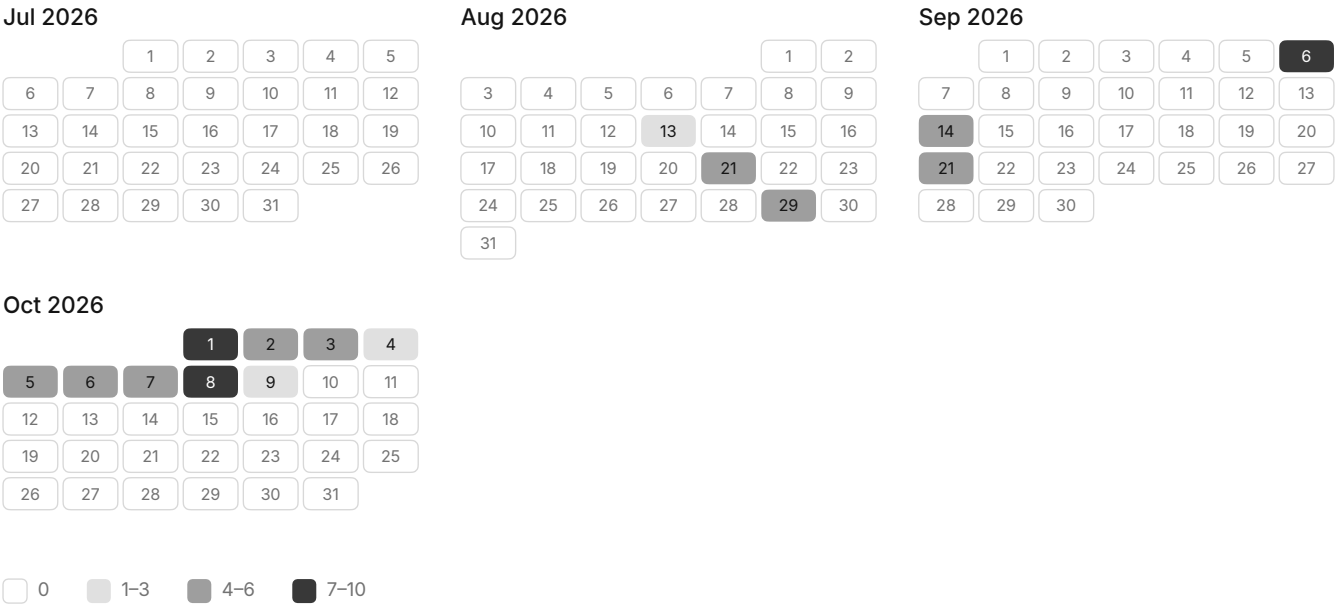
JUL 26, 2026 – OCT 26, 2026

## SUMMARY

| 15 | 4.9 | 5.1 | 3h 40m | 2.3 |
|---|---|---|---|---|
| ATTACKS | HEADACHE DAYS / MO | AVG INTENSITY | AVG DURATION | MEDICATION DAYS / MO |

episodic pattern

## CALENDAR




## ACUTE MEDICATION

7 medication days · ≈ 2.3 / month

No medication-overuse thresholds exceeded.

## Disability (MIDAS)

MIDAS 7 · Grade II · mild disability

15 headache days · avg pain 5/10 · last 90 days

Based on logged attacks — log every attack for an accurate score.

## PATTERNS

Triggers: Poor sleep (7), Stress (4), Screens (3), Weather (3)

Side: Behind eye (left side) (3), Temple (left side) (3), Behind eye (right side) (3), Temple (right side) (3), Front (left side) (3)

## ATTACKS

| Date | Intensity | Side | Medication |
|---|---|---|---|
| Aug 13 at 1:15 PM | 3 · moderate | Behind eye · left side | — |
| Aug 21 at 8:15 AM | 6 · severe | Temple · right side | — |
| Aug 29 at 8:15 PM | 5 · severe | Front · left side | Ibuprofen |
| Sep 6 at 9:15 AM | 7 · severe | Behind eye · right side | Sumatriptan |
| Sep 14 at 4:15 PM | 4 · moderate | Temple · left side | — |
| Sep 21 at 7:15 AM | 6 · severe | Behind eye · left side | Ibuprofen |
| Oct 1 at 8:15 AM | 7 · severe | Temple · left side | Ibuprofen |
| Oct 2 at 10:15 AM | 4 · moderate | Behind eye · right side | — |
| Oct 3 at 7:15 AM | 6 · severe | Front · left side | Ibuprofen |
| Oct 4 at 3:15 PM | 3 · moderate | Temple · right side | — |
| Oct 5 at 9:15 AM | 5 · severe | Behind eye · left side | Ibuprofen |
| Oct 6 at 9:15 PM | 6 · severe | Temple · left side | — |
| Oct 7 at 8:15 AM | 4 · moderate | Behind eye · right side | — |
| Oct 8 at 7:15 PM | 7 · severe | Front · left side | Sumatriptan |
| Oct 9 at 11:15 AM | 3 · moderate | Temple · right side | — |