

| | | |
|--|--|---|
| EMBER WELLNESS JOURNAL | Doctor Export | Sample patient report for clinical review |
| Patient: Sample Patient (47) Range: 1 Jan 2026 - 31 Mar 2026 Entries logged: 78 of 90 days (87%) | Included: - Daily check-in scores - Symptom burden and severity - Cycle markers - Selected patient notes | Use note: Patient-generated summary for discussion. It does not make diagnoses or treatment recommendations. |

CLINICAL SNAPSHOT

A doctor can see what changed, when it changed, and what moved together.

This sample export shows the kind of concise quarter view a patient can bring into an appointment after tracking daily in Ember.

| Dimension | 90-day avg | Last 30 days | Clinically useful context |
|----------------------|------------|--------------|--|
| Sleep quality | 2.6 / 5 | 2.3 / 5 | Night waking recorded on 61% of logged days; 18 nights with 2+ awakenings. |
| Energy | 2.4 / 5 | 2.6 / 5 | Lowest on mornings after night sweats; mild improvement in March. |
| Mood | 2.9 / 5 | 3.1 / 5 | Improves when sleep reaches 3 / 5 or above for 2 consecutive nights. |
| Anxiety | 3.3 / 5 | 3.1 / 5 | Highest during weeks with disrupted sleep and heavier hot flash days. |
| Hot flashes | 2.8 / 5 | 2.6 / 5 | Present on 42 of 78 logged days; 11 severe days across the quarter. |
| Brain fog | 2.7 / 5 | 2.4 / 5 | Most common after poor sleep and in the 5 days before bleeding starts. |

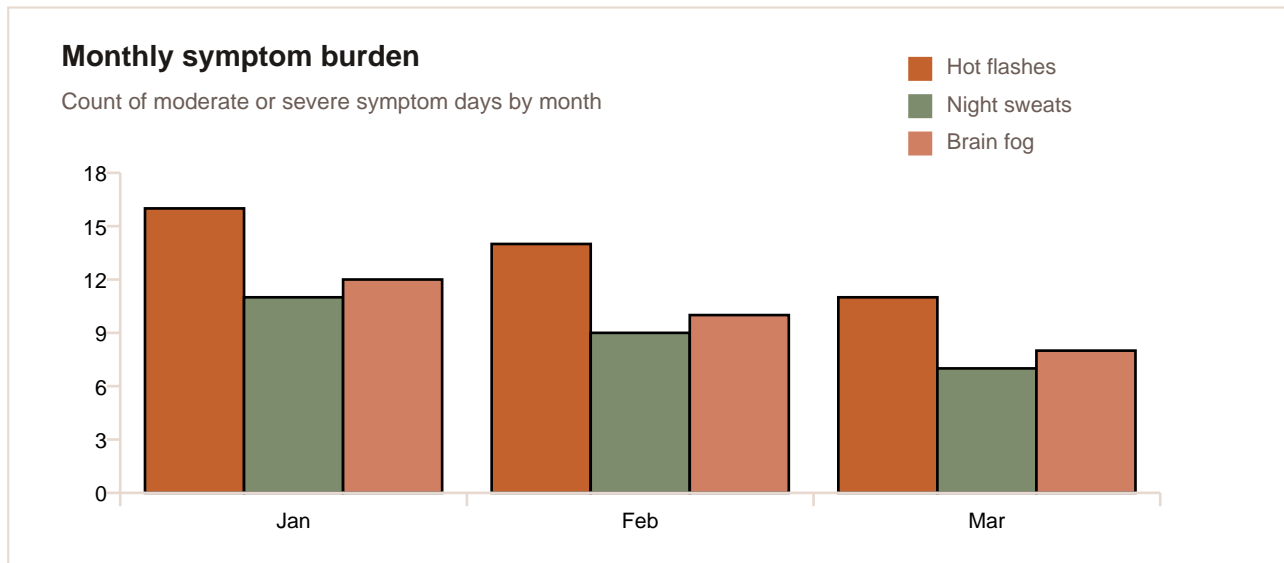
| | |
|--|--|
| Most symptomatic window 11 Feb - 23 Feb showed the lowest combined sleep and energy scores in the quarter. | Most reliable pattern When hot flashes reached 3+ in a day, next-day energy averaged 1.9 / 5. |
| Cycle context Bleeding was logged 3 times, with cycle length ranging from 24 to 39 days. | Patient priority Selected notes repeatedly mention wanting help with night waking and morning brain fog. |

SYMPTOM BURDEN

Frequency and severity are separated so the report is more clinically useful than a simple diary.

Moderate and severe days are counted separately from overall frequency so a clinician can quickly understand burden, not just presence.

| Symptom | Days logged | Moderate or severe days | Typical context |
|--------------|-------------|-------------------------|--|
| Hot flashes | 42 / 78 | 23 | Afternoon and evening; more common on poor-sleep days. |
| Night sweats | 29 / 78 | 17 | Most often clustered in week before bleeding. |
| Brain fog | 35 / 78 | 19 | Morning after broken sleep; occasional work-day notes. |
| Anxiety | 31 / 78 | 14 | Often follows 2+ awakenings and heavier symptom days. |
| Joint ache | 18 / 78 | 7 | More frequent after low-sleep weeks. |
| Headache | 15 / 78 | 5 | Scattered; no obvious cycle clustering. |



WEEK-BY-WEEK VIEW

Eight-week snapshot

Weekly averages make it easier to spot worsening stretches and recovery windows than a single appointment recall.

| Week | Sleep | Energy | Anxiety | Hot flashes |
|-----------------|-------|--------|---------|-------------|
| 1 Jan - 7 Jan | 2.8 | 2.5 | 3.1 | 2.0 |
| 8 Jan - 14 Jan | 2.6 | 2.3 | 3.4 | 2.4 |
| 15 Jan - 21 Jan | 2.4 | 2.2 | 3.5 | 2.6 |
| 22 Jan - 28 Jan | 2.2 | 2.0 | 3.7 | 3.1 |
| 29 Jan - 4 Feb | 2.1 | 1.9 | 3.8 | 3.3 |
| 5 Feb - 11 Feb | 2.0 | 1.8 | 3.9 | 3.4 |
| 12 Feb - 18 Feb | 2.3 | 2.1 | 3.6 | 3.0 |
| 19 Feb - 25 Feb | 2.7 | 2.4 | 3.2 | 2.5 |

How to read this page

Higher scores are better for sleep and energy. Higher anxiety and hot flash scores mean more burden.

What stands out

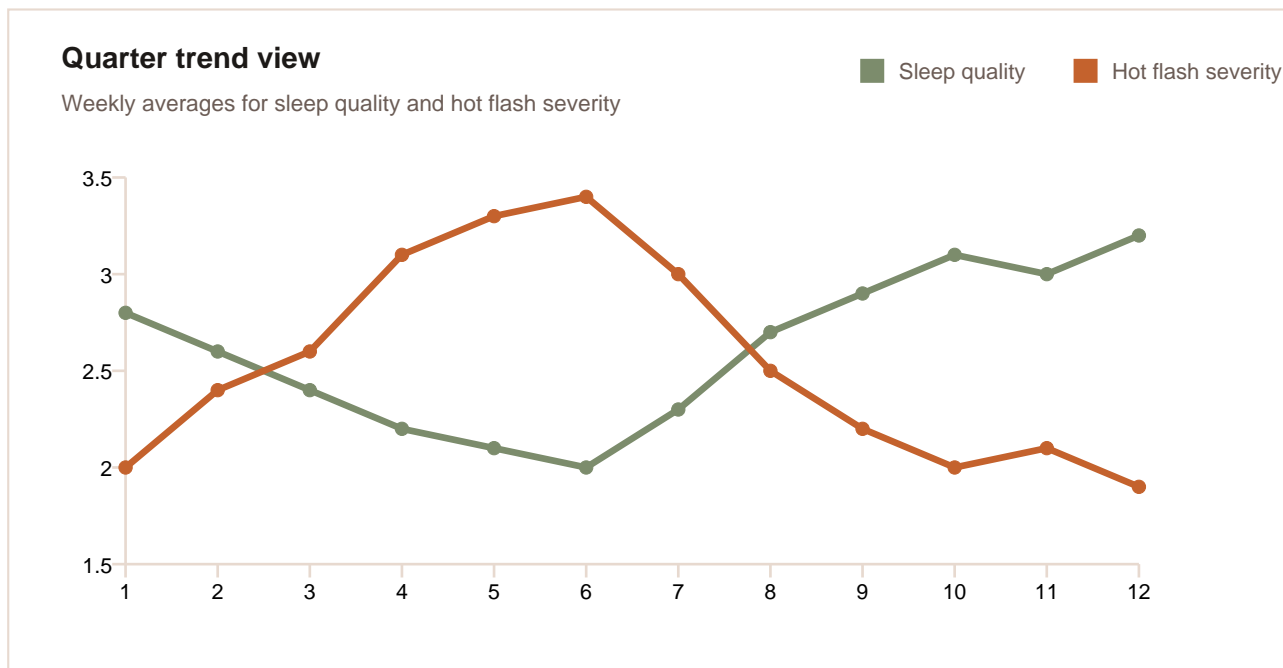
The most symptomatic run is late Jan to mid Feb, when sleep and energy dip while anxiety and hot flashes rise together.

PATTERN ANALYSIS

The most useful exports do not just list symptoms - they show relationships a doctor can act on.

These observations are generated from the logged history and remain descriptive rather than diagnostic.

| Pattern insight | Clinical takeaway |
|---------------------------------------|---|
| Poor sleep and next-day energy | After nights with 2+ awakenings, next-day energy averaged 1.9 / 5 versus a 2.8 / 5 baseline. This supports a focused conversation about sleep disruption as a likely driver of fatigue. |
| Hot flashes and anxiety | On days with hot flashes rated 3+ / 5, anxiety averaged 3.8 / 5. The report shows physical and emotional symptoms moving together rather than as separate complaints. |
| Cycle-linked clustering | Hot flashes, brain fog, and night sweats cluster in the 5 days before bleeding begins. That timing context can make the symptom burden easier to describe and review. |
| March improvement | Sleep, mood, and hot flash severity all improved modestly in the final 4 weeks. Useful if the visit is reviewing whether recent self-management changes or treatment are helping. |



PATIENT CONTEXT

Selected notes help the report sound like a person, not only a dashboard.

Patients can choose whether note excerpts are included. When they are, they often explain how symptom patterns affect work, sleep, and daily life.

| Date | Selected patient note |
|--------|---|
| 12 Jan | Woke at 3:10am drenched and could not get back to sleep for more than an hour. Brain felt slow all morning. |
| 4 Feb | Work presentation day. Anxiety felt high before it even started and hot flashes were more frequent by lunchtime. |
| 17 Feb | Heavier bleeding this week and the fog feels worse. Energy dropped again after another night of waking. |
| 11 Mar | Sleep still not perfect but I had 3 steadier mornings in a row. This is the first week that has felt more manageable. |

| | |
|---|---|
| Patient priorities for the visit <ul style="list-style-type: none">- Night waking and night sweats- Morning brain fog affecting work- Whether current symptom pattern is consistent with perimenopause | Export settings <ul style="list-style-type: none">Date range: 90 daysNotes included: YesCycle markers included: YesCustom symptoms included: No |
|---|---|

This sample is representative, and the structure reflects the real goal of Ember Doctor Export: giving a clinician a cleaner, faster starting point for the next conversation.