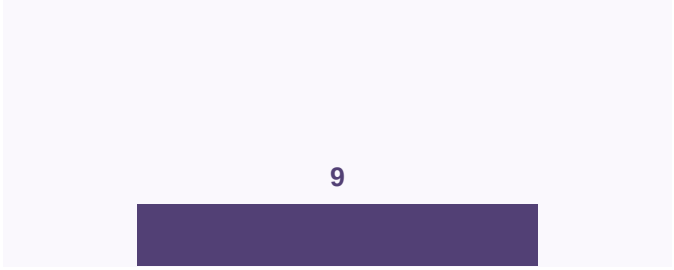
Headache diary

01/09/2026–31/10/2026

Generated 15/11/2026

20	20	31	10
headache days	attacks	headache-free days	days with no headache data

Headache days by month



September 2026

Entries 25/30



October 2026

Entries 26/31

September 2026 **01/09–30/09**	9 · headache days 5 · days with no headache data
October 2026 **01/10–31/10**	11 · headache days 5 · days with no headache data

September 2026

01/09–30/09 · full month

9	16	5	25/30
headache days	headache-free days	days with no headache data	days with a recorded status

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 No headache MYM	2 No headache	3 Headache 7/10 PAR MYM	4 No entry	5 No headache	6 Migraine 3/10 MYM
7 No headache	8 No entry	9 No headache	10 Attack 9/10 IBU	11 → Attack 9/10	12 No entry	13 Headache 6/10
14 No headache	15 No headache	16 No entry	17 Migraine 2/10 PAR	18 No headache	19 No headache SUM	20 Attack 5/10 MYM
21 No headache	22 No headache	23 No headache	24 Headache 8/10 SUM IBU	25 No headache	26 No headache	27 Migraine 4/10 SUM
28 No entry PAR	29 No headache	30 No headache				

1–3 4–6 7–10 Unrated No headache No entry

Pain intensity

Headache days with a rating · 9/9

1–3 **2 d** 4–6 **3 d** 7–10 **4 d** Unrated **0 d**

Each day shows the highest saved rating among attacks that affected it.

Medication

10 days with medication · 12 times taken

MYM · My medication · 4 d	PAR · Paracetamol · 3 d
IBU · Ibuprofen · 2 d	SUM · Sumatriptan · 3 d

October 2026

01/10–31/10 · full month

11	15	5	26/31
headache days	headache-free days	days with no headache data	days with a recorded status

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 10/10 Attack PAR	**2** 10/10 → Attack	**3** No headache	**4** 1/10 Headache
5 No headache	**6** No entry	**7** No headache MYM	**8** 7/10 Migraine IBU	**9** No headache	**10** No entry	**11** 3/10 Attack SUM
12 No headache	**13** No headache	**14** No entry	**15** 9/10 Headache MYM PAR	**16** No headache IBU	**17** No headache	**18** 6/10 Migraine MYM
19 No headache	**20** No headache	**21** No headache	**22** 2/10 Attack IBU	**23** 2/10 → Attack	**24** No headache	**25** 5/10 Headache
26 No entry	**27** No headache	**28** No headache	**29** 8/10 Migraine PAR	**30** No entry	**31** No headache	

1–3 4–6 7–10 Unrated No headache No entry

Pain intensity

Headache days with a rating · 11/11



1–3 **4 d** 4–6 **2 d** 7–10 **5 d** Unrated **0 d**

Each day shows the highest saved rating among attacks that affected it.

Medication

9 days with medication · 10 times taken

PAR · Paracetamol · 3 d	MYM · My medication · 3 d
IBU · Ibuprofen · 3 d	SUM · Sumatriptan · 1 d

Attacks and medication

01/09/2026–31/10/2026

03/09/2026 · Headache

7/10

Start 09:25
End 12:10
Duration 2 h 45 min

Symptoms · Sound sensitivity

Taken at	Medication	Dose	Effect
03/09/2026 10:05	**My medication**	—	Helped

03/09/2026 · Headache

3/10

Start 17:45
End 19:10
Duration 1 h 25 min

Taken at	Medication	Dose	Effect
03/09/2026 18:20	**Paracetamol** Active ingredients: Paracetamol	—	Helped a little

06/09/2026 · Migraine

3/10

Start 09:25
End 12:10
Duration 2 h 45 min

Symptoms · Nausea, Light sensitivity

Taken at	Medication	Dose	Effect
06/09/2026 10:05	**My medication**	—	Didn’t help

10/09/2026 · Attack

9/10

Start 22:40
End 11/09/2026 07:15
Duration 8 h 35 min

Taken at	Medication	Dose	Effect
10/09/2026 23:15	**Ibuprofen** Active ingredients: Ibuprofen	—	Unknown

13/09/2026 · Headache

6/10

Start 09:25
End 12:10
Duration 2 h 45 min

17/09/2026 · Migraine

2/10

Start 09:25
End 12:10
Duration 2 h 45 min

Symptoms · Nausea, Light sensitivity

Taken at	Medication	Dose	Effect
17/09/2026 10:05	**Paracetamol** Active ingredients: Paracetamol	—	Helped a little

20/09/2026 · Attack

5/10

Start 09:25
End 12:10
Duration 2 h 45 min

Taken at	Medication	Dose	Effect
20/09/2026 10:05	**My medication**	—	Didn’t help

24/09/2026 · Headache

8/10

Start 09:25
End 12:10
Duration 2 h 45 min

Taken at	Medication	Dose	Effect
24/09/2026 10:05	**Sumatriptan** Active ingredients: Sumatriptan	—	Unknown

24/09/2026 · Headache

3/10

Start 17:45
End 19:10
Duration 1 h 25 min

Symptoms · Nausea, Light sensitivity

Taken at	Medication	Dose	Effect
24/09/2026 18:20	**Ibuprofen** Active ingredients: Ibuprofen	—	Helped a little

Attacks and medication

27/09/2026 09:25 · Migraine

27/09/2026 · Migraine

4/10

Start 09:25
End 12:10
Duration 2 h 45 min

Taken at	Medication	Dose	Effect
27/09/2026 10:05	**Sumatriptan** Active ingredients: Sumatriptan	—	Helped

01/10/2026 · Attack

10/10

Start 22:40
End 02/10/2026 07:15
Duration 8 h 35 min

Symptoms · Sound sensitivity

Taken at	Medication	Dose	Effect
01/10/2026 23:15	**Paracetamol** Active ingredients: Paracetamol	—	Unknown

04/10/2026 · Headache

1/10

Start 09:25
End 12:10
Duration 2 h 45 min

Symptoms · Nausea, Light sensitivity

08/10/2026 · Migraine

7/10

Start 09:25
End 12:10
Duration 2 h 45 min

Taken at	Medication	Dose	Effect
08/10/2026 10:05	**Ibuprofen** Active ingredients: Ibuprofen	—	Helped

11/10/2026 · Attack

3/10

Start 09:25
End 12:10
Duration 2 h 45 min

Taken at	Medication	Dose	Effect
11/10/2026 10:05	**Sumatriptan** Active ingredients: Sumatriptan	—	Didn't help

15/10/2026 · Headache

9/10

Start 09:25
End 12:10
Duration 2 h 45 min

Symptoms · Nausea, Light sensitivity

Taken at	Medication	Dose	Effect
15/10/2026 10:05	**My medication**	—	Unknown
15/10/2026 10:05	**Paracetamol** Active ingredients: Paracetamol	—	Helped a little

18/10/2026 · Migraine

6/10

Start 09:25
End 12:10
Duration 2 h 45 min

Symptoms · Sound sensitivity

18/10/2026 · Migraine

4/10

Start 17:45
End 19:10
Duration 1 h 25 min

Taken at	Medication	Dose	Effect
18/10/2026 18:20	**My medication**	—	Didn't help

22/10/2026 · Attack

2/10

Start 22:40
End 23/10/2026 07:15
Duration 8 h 35 min

Symptoms · Nausea, Light sensitivity

Taken at	Medication	Dose	Effect
22/10/2026 23:15	**Ibuprofen** Active ingredients: Ibuprofen	—	Unknown

Attacks and medication

25/10/2026 09:25 · Headache

25/10/2026 · Headache

5/10

Start	09:25
End	12:10
Duration	2 h 45 min

29/10/2026 · Migraine

8/10

Start	09:25
End	12:10
Duration	2 h 45 min

Taken at	Medication	Dose	Effect
29/10/2026 10:05	**Paracetamol** Active ingredients: Paracetamol	—	**Helped a little**

Medication without a linked attack

Taken at	Medication	Dose	Effect
01/09/2026 10:05	**My medication**	—	**Unknown**
19/09/2026 10:05	**Sumatriptan** Active ingredients: Sumatriptan	—	**Helped**
28/09/2026 10:05	**Paracetamol** Active ingredients: Paracetamol	—	**Didn’t help**
07/10/2026 10:05	**My medication**	—	**Helped a little**
16/10/2026 10:05	**Ibuprofen** Active ingredients: Ibuprofen	—	**Helped**