

Headache report

Sep 26, 2026 to Oct 25, 2026 · last 30 days

Self-reported in the Headache Pal app. A summary to support a conversation with your doctor, not a diagnosis.

Summary

12 of 30

Headache days

12

Headaches logged

5.8 / 10

Average pain

9 / 10

Highest pain

7

Days with medicine

4.5 hours

Average length

Most logged triggers

- Stress · 6×
- Skipped Meals · 3×
- Sleep Deprivation · 3×
- Bright Lights · 2×
- Weather Changes · 2×
- Caffeine Withdrawal · 1×

Medicines taken

- Sumatriptan (Imitrex) · 4×
- Ibuprofen (Advil, Motrin) · 2×
- Paracetamol (Acetaminophen) · 1×

Where it hurt

- Left temple · 8×
- Behind left eye · 5×
- Left side · 4×
- Left forehead · 3×
- Right forehead · 2×

Symptoms and pain type

- Throbbing · 8×
- Pressing or tight · 2×
- Dull ache · 1×
- Light bothers me · 7×
- Nausea · 6×
- Noise bothers me · 3×
- Tiredness · 3×
- Aura · 2×

Did the medicine help? (patient's own answers)

- Sumatriptan (Imitrex): helped 4 of 4 times
- Ibuprofen (Advil, Motrin): helped 1 of 2 times
- Paracetamol (Acetaminophen): helped 0 of 1 times

All headaches in this period

Date	Start	Length	Pain	Where	Triggers	Medicines	Notes
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Date	Start	Length	Pain	Where	Triggers	Medicines	Notes
Sep 29, 2026	8:15 PM	9 hours	9	Left temple, Behind left eye, Left side	Stress, Bright Lights	Sumatriptan (Imitrex)	
Oct 3, 2026	6:15 PM	4 hours	6	Left temple	Stress, Skipped Meals	Ibuprofen (Advil, Motrin)	
Oct 6, 2026	9:15 AM	2 hours	4	Left forehead	Sleep Deprivation		
Oct 8, 2026	5:15 PM	7 hours	7	Left side, Left temple	Weather Changes	Sumatriptan (Imitrex)	
Oct 11, 2026	7:15 PM	3 hours	5	Left temple, Behind left eye	Stress		
Oct 13, 2026	6:15 PM	5 hours	6	Left temple	Skipped Meals, Caffeine Withdrawal	Paracetamol (Acetaminophen)	
Oct 15, 2026	8:15 PM	2 hours	3	Left forehead, Right forehead	Dehydration		
Oct 16, 2026	6:15 PM	8 hours	8	Left temple, Behind left eye, Left side	Stress, Sleep Deprivation	Sumatriptan (Imitrex)	
Oct 18, 2026	7:15 PM	2 hours	5	Behind left eye	Bright Lights, Eye Strain		
Oct 20, 2026	5:15 PM	6 hours	7	Left temple, Left side	Weather Changes, Stress	Sumatriptan (Imitrex)	
Oct 22, 2026	8:15 AM	3 hours	4	Left forehead, Right forehead	Sleep Deprivation		
Oct 24, 2026	6:15 PM	4 hours	6	Left temple, Behind left eye	Stress, Skipped Meals	Ibuprofen (Advil, Motrin)	

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