Migraine Report

Kira · Aug 27, 2026 – Nov 25, 2026 · 14 attacks logged

Generated by MigrainePal from self-reported entries. Not a diagnosis.

MONTHLY SUMMARY

Month	Headache days (MHD)	Attack count	Avg peak pain	Acute med days
Sep 2026	3	3	6.0 / 10	0
Oct 2026	6	6	6.5 / 10	1
Nov 2026	5	5	6.0 / 10	5

MIDAS DISABILITY SCORE

Score 12 · Grade III · moderate disability

Completed Nov 25, 2026 · 14 headache days in 3 months · average pain 6/10

Missed work / school: 2 · Work / school productivity halved: 3 · Missed household work: 1 · Household productivity halved: 2 · Missed family / social activities: 4

MEDICATIONS

Ibuprofen 400mg · Acute · since Nov 25, 2026

Last 90 days: 2 doses across 2 days · good or full relief in 0 of 2 rated doses

Sumatriptan 50mg · Acute · since Nov 25, 2026

Last 90 days: 4 doses across 4 days · good or full relief in 4 of 4 rated doses

NON-DRUG RELIEF

Dark quiet room · 1 use · avg 1h · good or full relief in 1 of 1 rated

Ice pack · 1 use · avg 30m · good or full relief in 1 of 1 rated

Sleep / Nap · 1 use · avg 1h 30m · good or full relief in 1 of 1 rated

PATTERNS (LAST 90 DAYS)

Suspected triggers: Poor sleep (14), pressure (5)

Common symptoms: Light sensitivity (100%), Aura (50%), Nausea (50%)

Aura: 7 of 14 attacks

Pain quality: Throbbing (14)

Average duration: 4.4 hours

ATTACK LOG

Date	Peak	Duration (h)	Medication	Triggers / notes
Nov 24, 2026	4	3.0	Sumatriptan 50mg	pressure; Poor sleep; “After a sharp pressure drop”
Nov 19, 2026	5	4.0	Sumatriptan 50mg	Poor sleep
Nov 14, 2026	6	5.0	Ibuprofen 400mg	Poor sleep
Nov 9, 2026	7	6.0	Sumatriptan 50mg	pressure; Poor sleep
Nov 4, 2026	8	3.0	Sumatriptan 50mg	Poor sleep
Oct 30, 2026	9	4.0	Ibuprofen 400mg	Poor sleep
Oct 25, 2026	4	5.0	—	pressure; Poor sleep
Oct 20, 2026	5	6.0	—	Poor sleep
Oct 15, 2026	6	3.0	—	Poor sleep
Oct 10, 2026	7	4.0	—	pressure; Poor sleep

Oct 5, 2026	8	5.0	—	Poor sleep
Sep 30, 2026	9	6.0	—	Poor sleep
Sep 25, 2026	4	3.0	—	pressure; Poor sleep
Sep 20, 2026	5	4.0	—	Poor sleep