

VAELY HEALTH CLINICAL COMMUNICATION

Doctor Report

A conversation-starter for your clinician — your words, your numbers, your arc.

February 13, 2026 — May 13, 2026



This report summarises the patient's journal entries for the window above. The body text is the patient's own wording; where a pattern or medical term appears, it comes from on-device term mapping (Apple Intelligence) — never cloud AI.

No PHI leaves the device to produce this document. Generated on May 13, 2026.

NOT A MEDICAL DOCUMENT

AT A GLANCE

Executive summary

This report covers February 13, 2026 through May 13, 2026 — 90 entries logged across 90 of 90 days, a near-daily cadence. The body of the report below quotes the patient's own wording verbatim; numerical aggregates and the charts that follow are computed deterministically on-device from those entries.

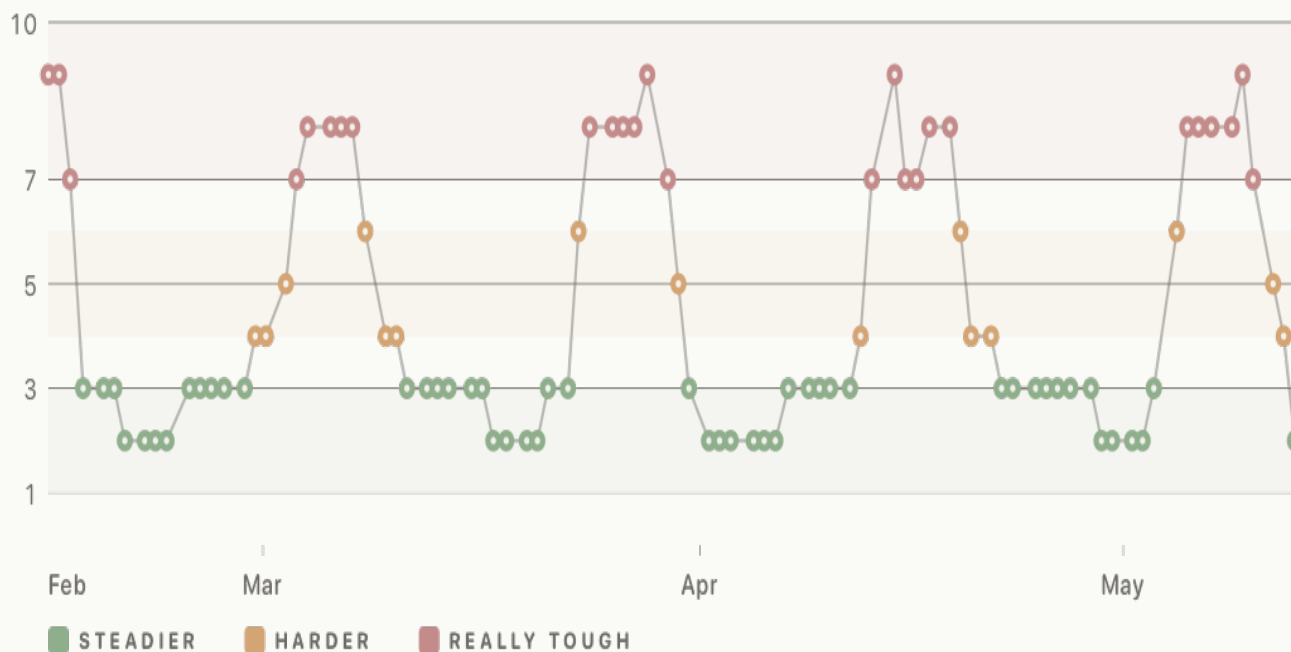
Median daily severity sits at 3.0 (mean 4.5, range 2–9). Across the window, 49 steadier (<4), 15 intermediate (4–6), and 26 high-severity (≥ 7) entries were logged. The arc is flat — start and end of the window are within 0.6 of each other.

Active medications across the window: ibuprofen (7.1 → 5.9, stable) and pregabalin (6.8 → 4.6, improving). Each entry above is the patient-reported average severity before vs during use; trend direction is computed deterministically from the underlying data points.

Functional impact noted on 30 days. Most-cited limitations: "Could not concentrate at work" (12 entries), "Had to rest most of the day" (9 entries), and "Struggling with stairs" (9 entries).

THE SHAPE OF THE WINDOW

Daily severity

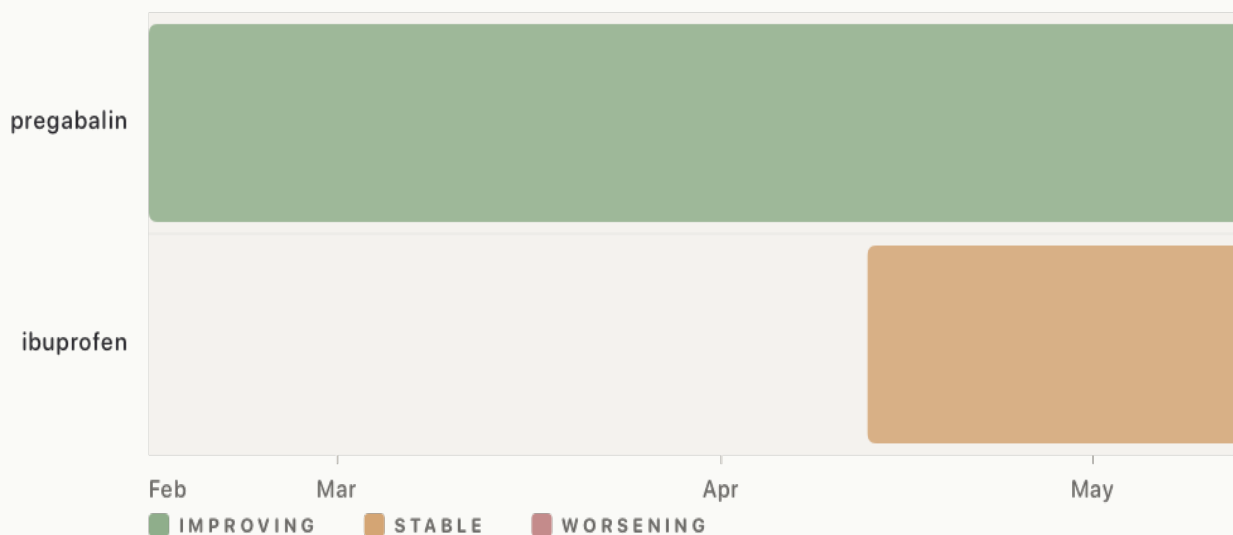


Each dot is one day's average severity across the reporting window.

Across the reporting window, the patient's median daily severity was 3.0 with a mean of 4.5. 49 steadier, 15 harder, 26 really-tough days out of 90 logged.

REGIMEN VIEW

Medications and their arcs



Each bar shows the window during which the medication was active; colour reflects the overall effectiveness trend.

PREGABALIN

pregabalin shows an improving trend during the observation window.

Average severity 6.8 before → 4.6 during (28 entries).

IBUPROFEN

ibuprofen used for breakthrough pain; modest short-term effect.

Average severity 7.1 before → 5.9 during (18 entries).

PATIENT-RECORDED ENTRIES

In the patient's own words

WEDNESDAY, MAY 13, 2026 AT 7:00 AM

Woke up with widespread pain at 2/10. Back-to-back meetings all morning. Took pregabalin 75mg, took the edge off about thirty minutes in. Mood: okay. Custom tracking: Hours of sleep: 4.5 hours; Stress trigger: Work

TUESDAY, MAY 12, 2026 AT 12:00 PM

Quick log: fatigue, 4/10. Took duloxetine. Custom tracking: Blood sugar: 112 mg/dL; Hours of sleep: 5 hours

MONDAY, MAY 11, 2026 AT 6:00 PM

Brain fog, severity 5. ibuprofen on board. Custom tracking: Blood sugar: 129 mg/dL; Hours of sleep: 5.5 hours

SUNDAY, MAY 10, 2026 AT 8:00 AM

Mid-afternoon with sleep disruption at 7/10. Wind picked up after lunch. Brain fog made everything harder. Could not concentrate at work. Mood: exhausted. Custom tracking: Blood sugar: 146 mg/dL; Hours of sleep: 6 hours; Stress trigger: Family

SATURDAY, MAY 9, 2026 AT 2:00 PM

Late afternoon with joint stiffness at 9/10. Sunny but the heat is a lot. Skipped today's dose by accident. Barely managed the basics today. Had to rest most of the day. Custom tracking: Hours of sleep: 6.5 hours

FRIDAY, MAY 8, 2026 AT 8:00 PM

Widespread pain 8/10. Took duloxetine. Custom tracking: Blood sugar: 95 mg/dL; Hours of sleep: 7 hours

THURSDAY, MAY 7, 2026 AT 9:00 AM

After dinner with fatigue at 8/10. Big presentation, mostly held it together. Used ibuprofen 400mg for the breakthrough, helped a little. Had to cancel plans. Could not concentrate at work. Side: drowsiness. Mood: exhausted. Custom tracking: Blood sugar: 112 mg/dL; Hours of sleep: 7.5 hours; Stress trigger: Money

WEDNESDAY, MAY 6, 2026 AT 11:00 AM

Before bed with brain fog at 8/10. Inbox was unkind today. Needed help with chores. Had to rest most of the day. Custom tracking: Blood sugar: 129 mg/dL; Hours of sleep: 8 hours

TUESDAY, MAY 5, 2026 AT 4:00 PM

Mid-morning with sleep disruption at 8/10. Closed the laptop early. pregabalin 75mg did its job today. Brain fog made everything harder. Struggling with stairs. Custom tracking: Hours of sleep: 8.5 hours

MONDAY, MAY 4, 2026 AT 10:00 PM

Logging joint stiffness, 6/10. Took duloxetine. Custom tracking: Blood sugar: 163 mg/dL; Hours of sleep: 4.5 hours; Stress trigger: Other

SUNDAY, MAY 3, 2026 AT 7:00 AM

Widespread pain 3/10. ibuprofen on board. Custom tracking: Blood sugar: 95 mg/dL; Hours of sleep: 5 hours

SATURDAY, MAY 2, 2026 AT 12:00 PM

Weekend mood: introspective. Slept in, didn't set an alarm. Fatigue sitting at 2/10 — manageable, just background noise. Lay flat for twenty minutes with the lights off. Mood lands somewhere around okay. Calling it. Bath, book, bed. Custom tracking: Blood sugar: 112 mg/dL; Hours of sleep: 5.5 hours

FRIDAY, MAY 1, 2026 AT 6:00 PM

Woke up with brain fog at 2/10. Back-to-back meetings all morning. pregabalin 75mg on schedule. No surprises. Mood: okay. Custom tracking: Hours of sleep: 6 hours; Stress trigger: Work

THURSDAY, APRIL 30, 2026 AT 8:00 AM

Today: sleep disruption at 2. Custom tracking: Blood sugar: 146 mg/dL; Hours of sleep: 6.5 hours

WEDNESDAY, APRIL 29, 2026 AT 2:00 PM

Logging joint stiffness, 2/10. ibuprofen on board. Custom tracking: Blood sugar: 163 mg/dL; Hours of sleep: 7 hours

TUESDAY, APRIL 28, 2026 AT 8:00 PM

Widespread pain 3/10. Custom tracking: Blood sugar: 95 mg/dL; Hours of sleep: 7.5 hours; Stress trigger: Family

MONDAY, APRIL 27, 2026 AT 9:00 AM

Late afternoon with fatigue at 3/10. Coffee chat at 10 was nice. pregabalin 75mg — didn't really feel it kick in. Custom tracking: Hours of sleep: 8 hours

SUNDAY, APRIL 26, 2026 AT 11:00 AM

Weekend mood: introspective. Got to bed late on purpose, watching a movie. Brain fog sitting at 3/10 — manageable, just background noise. Sticking with duloxetine 60mg; easing into the new dose level. Walked the block, slow but moving. Mood lands somewhere around okay. Going to put the phone down for the rest of the day. Custom tracking: Blood sugar: 129 mg/dL; Hours of sleep: 8.5 hours

SATURDAY, APRIL 25, 2026 AT 4:00 PM

Today: sleep disruption at 3. ibuprofen on board. Custom tracking: Blood sugar: 146 mg/dL; Hours of sleep: 4.5 hours; Stress trigger: Money

FRIDAY, APRIL 24, 2026 AT 10:00 PM

Logging joint stiffness, 3/10. Custom tracking: Blood sugar: 163 mg/dL; Hours of sleep: 5 hours

THURSDAY, APRIL 23, 2026 AT 7:00 AM

Mid-morning with widespread pain at 3/10. Closed the laptop early. Used pregabalin 75mg for the breakthrough, helped a little. Custom tracking: Hours of sleep: 5.5 hours

WEDNESDAY, APRIL 22, 2026 AT 12:00 PM

Quick log: fatigue, 3/10. Took duloxetine. Custom tracking: Blood sugar: 112 mg/dL; Hours of sleep: 6 hours; Stress trigger: Other

TUESDAY, APRIL 21, 2026 AT 6:00 PM

Brain fog, severity 4. Custom tracking: Blood sugar: 129 mg/dL; Hours of sleep: 6.5 hours

MONDAY, APRIL 20, 2026 AT 8:00 AM

Today: sleep disruption at 4. Custom tracking: Blood sugar: 146 mg/dL; Hours of sleep: 7 hours

SUNDAY, APRIL 19, 2026 AT 2:00 PM

Woke up with joint stiffness at 6/10. Grey, drizzly start. Pre-empted with pregabalin 75mg before the meeting; right call. Barely managed the basics today. Could not concentrate at work. Side: drowsiness. Mood: foggy. Custom tracking: Hours of sleep: 7.5 hours; Stress trigger: Work

SATURDAY, APRIL 18, 2026 AT 8:00 PM

Sunday slow, trying to be honest with myself. Slept in, didn't set an alarm. Widespread pain sitting at 8/10 — the kind of day where I just need to ride it out. Sticking with duloxetine 60mg; haven't missed one this week. Walked the block, slow but moving. Could not focus at work. Hardest part: had to rest most of the day. Mood lands somewhere around exhausted. Calling it. Bath, book, bed. Custom tracking: Blood sugar: 95 mg/dL; Hours of sleep: 8 hours

FRIDAY, APRIL 17, 2026 AT 9:00 AM

Around midday with fatigue at 8/10. Tried to push through a deadline. ibuprofen 400mg on schedule. No surprises. Had to cancel plans. Struggling with stairs. Custom tracking: Blood sugar: 112 mg/dL; Hours of sleep: 8.5 hours

THURSDAY, APRIL 16, 2026 AT 11:00 AM

Mid-afternoon with brain fog at 7/10. Working from the couch today. Needed help with chores. Could not concentrate at work. Mood: exhausted. Custom tracking: Blood sugar: 129 mg/dL; Hours of sleep: 4.5 hours; Stress trigger: Family

WEDNESDAY, APRIL 15, 2026 AT 4:00 PM

Late afternoon with sleep disruption at 7/10. Coffee chat at 10 was nice. Took pregabalin 75mg, took the edge off about thirty minutes in. Brain fog made everything harder. Had to rest most of the day. Custom tracking: Hours of sleep: 5 hours

TUESDAY, APRIL 14, 2026 AT 10:00 PM

This evening with joint stiffness at 9/10. Stood up between calls to stretch. duloxetine 60mg did its job today. Barely managed the basics today. Struggling with stairs. Custom tracking: Blood sugar: 163 mg/dL; Hours of sleep: 5.5 hours

MONDAY, APRIL 13, 2026 AT 7:00 AM

Widespread pain 7/10. ibuprofen on board. Custom tracking: Blood sugar: 95 mg/dL; Hours of sleep: 6 hours; Stress trigger: Money

SUNDAY, APRIL 12, 2026 AT 12:00 PM

Quick log: fatigue, 4/10. Custom tracking: Blood sugar: 112 mg/dL; Hours of sleep: 6.5 hours

SATURDAY, APRIL 11, 2026 AT 6:00 PM

Mid-morning with brain fog at 3/10. Grey, drizzly start. Tried pregabalin 75mg later than usual; harder to tell if it helped. Custom tracking: Hours of sleep: 7 hours

FRIDAY, APRIL 10, 2026 AT 8:00 AM

Today: sleep disruption at 3. Took duloxetine. Custom tracking: Blood sugar: 146 mg/dL; Hours of sleep: 7.5 hours; Stress trigger: Other

THURSDAY, APRIL 9, 2026 AT 2:00 PM

Logging joint stiffness, 3/10. ibuprofen on board. Custom tracking: Blood sugar: 163 mg/dL; Hours of sleep: 8 hours

WEDNESDAY, APRIL 8, 2026 AT 8:00 PM

Widespread pain 3/10. Custom tracking: Blood sugar: 95 mg/dL; Hours of sleep: 8.5 hours

TUESDAY, APRIL 7, 2026 AT 9:00 AM

Woke up with fatigue at 3/10. Back-to-back meetings all morning. pregabalin 75mg did its job today. Mood: okay. Custom tracking: Hours of sleep: 4.5 hours; Stress trigger: Work

MONDAY, APRIL 6, 2026 AT 11:00 AM

Brain fog, severity 2. Took duloxetine. Custom tracking: Blood sugar: 129 mg/dL; Hours of sleep: 5 hours

SUNDAY, APRIL 5, 2026 AT 4:00 PM

Today: sleep disruption at 2. ibuprofen on board. Custom tracking: Blood sugar: 146 mg/dL; Hours of sleep: 5.5 hours

SATURDAY, APRIL 4, 2026 AT 10:00 PM

Logging joint stiffness, 2/10. Custom tracking: Blood sugar: 163 mg/dL; Hours of sleep: 6 hours; Stress trigger: Family

FRIDAY, APRIL 3, 2026 AT 7:00 AM

Late afternoon with widespread pain at 2/10. Coffee chat at 10 was nice. Skipped today's dose by accident. Custom tracking: Hours of sleep: 6.5 hours

THURSDAY, APRIL 2, 2026 AT 12:00 PM

Quick log: fatigue, 2/10. Took duloxetine. Custom tracking: Blood sugar: 112 mg/dL; Hours of sleep: 7 hours

WEDNESDAY, APRIL 1, 2026 AT 6:00 PM

Brain fog, severity 2. ibuprofen on board. Custom tracking: Blood sugar: 129 mg/dL; Hours of sleep: 7.5 hours; Stress trigger: Money

TUESDAY, MARCH 31, 2026 AT 8:00 AM

Today: sleep disruption at 3. Custom tracking: Blood sugar: 146 mg/dL; Hours of sleep: 8 hours

MONDAY, MARCH 30, 2026 AT 2:00 PM

Mid-morning with joint stiffness at 5/10. Closed the laptop early. pregabalin 75mg — didn't really feel it kick in. Barely managed the basics today. Custom tracking: Hours of sleep: 8.5 hours

SUNDAY, MARCH 29, 2026 AT 8:00 PM

End-of-week check-in. Got to bed late on purpose, watching a movie. Widespread pain sitting at 7/10 — loud enough that everything else slows down. Sticking with duloxetine 60mg; trying to take it with food this round. Made tea, sat by the window. That was the whole plan. Could not focus at work. Hardest part: could not concentrate at work. Noticed drowsiness again. Mood lands somewhere around exhausted. Going to put the phone down for the rest of the day. Custom tracking: Blood sugar: 95 mg/dL; Hours of sleep: 4.5 hours; Stress trigger: Other

SATURDAY, MARCH 28, 2026 AT 9:00 AM

Mid-day with fatigue at 9/10. Crisp, walkable evening. Tried ibuprofen 400mg later than usual; harder to tell if it helped. Had to cancel plans. Had to rest most of the day. Side: nausea. Custom tracking: Blood sugar: 112 mg/dL; Hours of sleep: 5 hours

FRIDAY, MARCH 27, 2026 AT 11:00 AM

Around 3pm with brain fog at 8/10. Got pulled into an urgent fire. Needed help with chores. Struggling with stairs. Custom tracking: Blood sugar: 129 mg/dL; Hours of sleep: 5.5 hours

THURSDAY, MARCH 26, 2026 AT 4:00 PM

Woke up with sleep disruption at 8/10. Back-to-back meetings all morning. Used pregabalin 75mg for the breakthrough, helped a little. Brain fog made everything harder. Could not concentrate at work. Side: drowsiness. Mood: exhausted. Custom tracking: Hours of sleep: 6 hours; Stress trigger: Work

WEDNESDAY, MARCH 25, 2026 AT 10:00 PM

This morning with joint stiffness at 8/10. Quiet day at the desk. Skipped today's dose by accident. Barely managed the basics today. Had to rest most of the day. Custom tracking: Blood sugar: 163 mg/dL; Hours of sleep: 6.5 hours

TUESDAY, MARCH 24, 2026 AT 7:00 AM

Widespread pain 8/10. ibuprofen on board. Custom tracking: Blood sugar: 95 mg/dL; Hours of sleep: 7 hours

MONDAY, MARCH 23, 2026 AT 12:00 PM

Quick log: fatigue, 6/10. Custom tracking: Blood sugar: 112 mg/dL; Hours of sleep: 7.5 hours; Stress trigger: Family

SUNDAY, MARCH 22, 2026 AT 6:00 PM

Late afternoon with brain fog at 3/10. Sunny but the heat is a lot. Pre-empted with pregabalin 75mg before the meeting; right call. Custom tracking: Hours of sleep: 8 hours

SATURDAY, MARCH 21, 2026 AT 8:00 AM

Weekend mood: introspective. Slept in, didn't set an alarm. Sleep disruption sitting at 3/10 — manageable, just background noise. Sticking with duloxetine 60mg; easing into the new dose level. Made tea, sat by the window. That was the whole plan. Mood lands somewhere around okay. Calling it. Bath, book, bed. Custom tracking: Blood sugar: 146 mg/dL; Hours of sleep: 8.5 hours

FRIDAY, MARCH 20, 2026 AT 2:00 PM

Logging joint stiffness, 2/10. ibuprofen on board. Custom tracking: Blood sugar: 163 mg/dL; Hours of sleep: 4.5 hours; Stress trigger: Money

THURSDAY, MARCH 19, 2026 AT 8:00 PM

Widespread pain 2/10. Custom tracking: Blood sugar: 95 mg/dL; Hours of sleep: 5 hours

WEDNESDAY, MARCH 18, 2026 AT 9:00 AM

Mid-morning with fatigue at 2/10. Closed the laptop early. Took pregabalin 75mg, took the edge off about thirty minutes in. Custom tracking: Hours of sleep: 5.5 hours

TUESDAY, MARCH 17, 2026 AT 11:00 AM

Brain fog, severity 2. Took duloxetine. Custom tracking: Blood sugar: 129 mg/dL; Hours of sleep: 6 hours; Stress trigger: Other

MONDAY, MARCH 16, 2026 AT 4:00 PM

Today: sleep disruption at 3. Custom tracking: Blood sugar: 146 mg/dL; Hours of sleep: 6.5 hours

SUNDAY, MARCH 15, 2026 AT 10:00 PM

Logging joint stiffness, 3/10. Custom tracking: Blood sugar: 163 mg/dL; Hours of sleep: 7 hours

SATURDAY, MARCH 14, 2026 AT 7:00 AM

Woke up with widespread pain at 3/10. Sunny but the heat is a lot. Tried pregabalin 75mg later than usual; harder to tell if it helped. Mood: okay. Custom tracking: Hours of sleep: 7.5 hours; Stress trigger: Work

FRIDAY, MARCH 13, 2026 AT 12:00 PM

Quick log: fatigue, 3/10. Took duloxetine. Custom tracking: Blood sugar: 112 mg/dL; Hours of sleep: 8 hours

THURSDAY, MARCH 12, 2026 AT 6:00 PM

Brain fog, severity 3. ibuprofen on board. Custom tracking: Blood sugar: 129 mg/dL; Hours of sleep: 8.5 hours

WEDNESDAY, MARCH 11, 2026 AT 8:00 AM

Today: sleep disruption at 3. Custom tracking: Blood sugar: 146 mg/dL; Hours of sleep: 4.5 hours; Stress trigger: Family

TUESDAY, MARCH 10, 2026 AT 2:00 PM

Late afternoon with joint stiffness at 4/10. Coffee chat at 10 was nice. pregabalin 75mg did its job today. Custom tracking: Hours of sleep: 5 hours

MONDAY, MARCH 9, 2026 AT 8:00 PM

Widespread pain 4/10. Took duloxetine. Custom tracking: Blood sugar: 95 mg/dL; Hours of sleep: 5.5 hours

SUNDAY, MARCH 8, 2026 AT 9:00 AM

Quiet morning, taking stock. Got to bed late on purpose, watching a movie. Fatigue sitting at 6/10 — loud enough that everything else slows down. Sticking with ibuprofen 400mg; morning dose on time, evening one late again. Heating pad on the lower back all afternoon. Had to cancel plans. Hardest part: could not concentrate at work. Noticed drowsiness again. Mood lands somewhere around foggy. Going to put the phone down for the rest of the day. Custom tracking: Blood sugar: 112 mg/dL; Hours of sleep: 6 hours; Stress trigger: Money

SATURDAY, MARCH 7, 2026 AT 11:00 AM

Before bed with brain fog at 8/10. Wind picked up after lunch. Skipped today's dose by accident. Needed help with chores. Had to rest most of the day. Custom tracking: Blood sugar: 129 mg/dL; Hours of sleep: 6.5 hours

FRIDAY, MARCH 6, 2026 AT 4:00 PM

Mid-morning with sleep disruption at 8/10. Closed the laptop early. pregabalin 75mg on schedule. No surprises. Brain fog made everything harder. Struggling with stairs. Side: dizziness. Custom tracking: Hours of sleep: 7 hours

THURSDAY, MARCH 5, 2026 AT 10:00 PM

Right after waking with joint stiffness at 8/10. Light meeting day — used the time well. Used duloxetine 60mg for the breakthrough, helped a little. Barely managed the basics today. Could not concentrate at work. Mood: exhausted. Custom tracking: Blood sugar: 163 mg/dL; Hours of sleep: 7.5 hours; Stress trigger: Other

WEDNESDAY, MARCH 4, 2026 AT 7:00 AM

Widespread pain 8/10. ibuprofen on board. Custom tracking: Blood sugar: 95 mg/dL; Hours of sleep: 8 hours

TUESDAY, MARCH 3, 2026 AT 12:00 PM

Around 3pm with fatigue at 7/10. Got pulled into an urgent fire. Had to cancel plans. Struggling with stairs. Custom tracking: Blood sugar: 112 mg/dL; Hours of sleep: 8.5 hours

MONDAY, MARCH 2, 2026 AT 6:00 PM

Woke up with brain fog at 5/10. Back-to-back meetings all morning. pregabalin 75mg — didn't really feel it kick in. Needed help with chores. Mood: foggy. Custom tracking: Hours of sleep: 4.5 hours; Stress trigger: Work

SUNDAY, MARCH 1, 2026 AT 8:00 AM

Sunday slow, trying to be honest with myself. Got to bed late on purpose, watching a movie. Sleep disruption sitting at 4/10 — annoying but I can work around it. Sticking with duloxetine 60mg; haven't missed one this week. Walked the block, slow but moving. Mood lands somewhere around okay. Going to put the phone down for the rest of the day. Custom tracking: Blood sugar: 146 mg/dL; Hours of sleep: 5 hours

SATURDAY, FEBRUARY 28, 2026 AT 2:00 PM

Logging joint stiffness, 4/10. ibuprofen on board. Custom tracking: Blood sugar: 163 mg/dL; Hours of sleep: 5.5 hours

FRIDAY, FEBRUARY 27, 2026 AT 8:00 PM

Widespread pain 3/10. Custom tracking: Blood sugar: 95 mg/dL; Hours of sleep: 6 hours; Stress trigger: Family

THURSDAY, FEBRUARY 26, 2026 AT 9:00 AM

Late afternoon with fatigue at 3/10. Coffee chat at 10 was nice. Skipped today's dose by accident. Custom tracking: Hours of sleep: 6.5 hours

WEDNESDAY, FEBRUARY 25, 2026 AT 11:00 AM

Brain fog, severity 3. Took duloxetine. Custom tracking: Blood sugar: 129 mg/dL; Hours of sleep: 7 hours

TUESDAY, FEBRUARY 24, 2026 AT 4:00 PM

Today: sleep disruption at 3. ibuprofen on board. Custom tracking: Blood sugar: 146 mg/dL; Hours of sleep: 7.5 hours; Stress trigger: Money

MONDAY, FEBRUARY 23, 2026 AT 10:00 PM

Logging joint stiffness, 3/10. Custom tracking: Blood sugar: 163 mg/dL; Hours of sleep: 8 hours

SUNDAY, FEBRUARY 22, 2026 AT 7:00 AM

Mid-morning with widespread pain at 2/10. Grey, drizzly start. Pre-empted with pregabalin 75mg before the meeting; right call. Custom tracking: Hours of sleep: 8.5 hours

SATURDAY, FEBRUARY 21, 2026 AT 12:00 PM

End-of-week check-in. Slept in, didn't set an alarm. Fatigue sitting at 2/10 — manageable, just background noise. Sticking with duloxetine 60mg; trying to take it with food this round. Walked the block, slow but moving. Mood lands somewhere around okay. Calling it. Bath, book, bed. Custom tracking: Blood sugar: 112 mg/dL; Hours of sleep: 4.5 hours; Stress trigger: Other

FRIDAY, FEBRUARY 20, 2026 AT 6:00 PM

Brain fog, severity 2. ibuprofen on board. Custom tracking: Blood sugar: 129 mg/dL; Hours of sleep: 5 hours

THURSDAY, FEBRUARY 19, 2026 AT 8:00 AM

Today: sleep disruption at 2. Custom tracking: Blood sugar: 146 mg/dL; Hours of sleep: 5.5 hours

WEDNESDAY, FEBRUARY 18, 2026 AT 2:00 PM

Woke up with joint stiffness at 3/10. Back-to-back meetings all morning. Took pregabalin 75mg, took the edge off about thirty minutes in. Mood: okay. Custom tracking: Hours of sleep: 6 hours; Stress trigger: Work

TUESDAY, FEBRUARY 17, 2026 AT 8:00 PM

Widespread pain 3/10. Custom tracking: Blood sugar: 95 mg/dL; Hours of sleep: 6.5 hours

MONDAY, FEBRUARY 16, 2026 AT 9:00 AM

Quick log: fatigue, 3/10. ibuprofen on board. Custom tracking: Blood sugar: 112 mg/dL; Hours of sleep: 7 hours

SUNDAY, FEBRUARY 15, 2026 AT 11:00 AM

Mid-afternoon with brain fog at 7/10. Heavy clouds the whole afternoon. Needed help with chores. Could not concentrate at work. Mood: exhausted. Custom tracking: Blood sugar: 129 mg/dL; Hours of sleep: 7.5 hours; Stress trigger: Family

SATURDAY, FEBRUARY 14, 2026 AT 4:00 PM

Trying to write a real entry instead of the usual one-liner. Slept in, didn't set an alarm. Sleep disruption sitting at 9/10 — the kind of day where I just need to ride it out. Sticking with pregabalin 75mg; doctor said to push through the side effects, so. Hot shower for ten minutes — small win. Brain fog made everything harder. Hardest part: had to rest most of the day. Mood lands somewhere around exhausted. Calling it. Bath, book, bed. Custom tracking: Hours of sleep: 8 hours

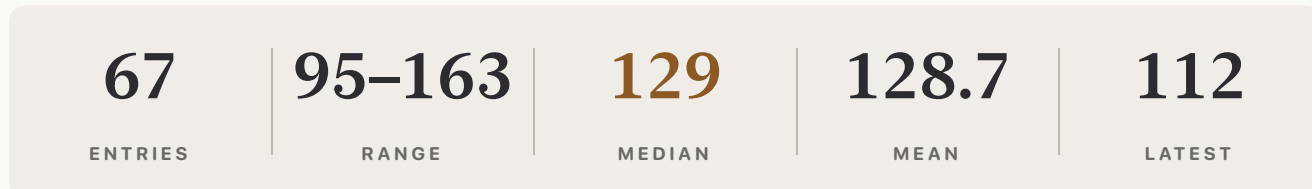
FRIDAY, FEBRUARY 13, 2026 AT 10:00 PM

This evening with joint stiffness at 9/10. Stood up between calls to stretch. duloxetine 60mg on schedule. No surprises. Barely managed the basics today. Struggling with stairs. Custom tracking: Blood sugar: 163 mg/dL; Hours of sleep: 8.5 hours

PATIENT-DEFINED MEASURES

Custom tracking

Blood sugar · mg/dL



Hours of sleep · hours



Stress trigger — Family (8), Work (8), Money (7), Other (7)