

Elly Rise Doctor Report

Pattern clues and treatment impact are summarized first for clinical...

Patient Summary

76m

Avg to Improve

1

Severe Days

14

Days Logged

Clinical Summary

Local Summary

Across 14 logged days, mornings improved after about 76 minutes on average, with 1 severe day. Cooler mornings tend to feel tougher in your log. The most common self-reported trigger was Stress.

Visit Brief

Premium AI

Over the past 90 days, mornings improved after about 76 minutes on average, with 1 severe mornings logged.

Average time to feel better: 76 minutes

Completed mornings logged: 14

Severe mornings logged: 1

Most common trigger: Stress

Clinical Details

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Treatment Impact

No clear treatment pattern yet.

Keep logging a few more complete mornings so Elly Rise can compare how things looked before and after each treatment started.

Not enough before-and-after treatment data has been logged yet.

Pattern Clues

Weather

Cooler mornings tend to feel tougher in your log.

In your log, cooler mornings average 47 minutes before you feel better, compared with 16 minutes on warmer mornings.

Reported Triggers

Stress is the most common self-reported trigger.

Top reported triggers: Stress (1)

Recovery + Stress

Health context has not formed a clear sleep, activity...

When context is available, Elly Rise compares sleep, activity, and evening stress patterns against symptom timing without sending raw samples to AI.

Detailed Log

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Daily Entries

30 Mar 2026

No morning symptoms

Weather: Mostly Cloudy • 11°C • 1012 hPa • 91% humidity

29 Mar 2026

0 min

Weather: Partly Cloudy • 13°C • 1010 hPa • 57% humidity

28 Mar 2026

No morning symptoms

Weather: Partly Cloudy • 14°C • 1010 hPa • 55% humidity

27 Mar 2026

93 min

Severity: Moderate

Weather: Mostly Cloudy • 11°C • 1010 hPa • 93% humidity

26 Mar 2026

34 min

Severity: Mild

Weather: Drizzle • 11°C • 1008 hPa • 90% humidity

Detailed Log

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Daily Entries

25 Mar 2026

Severity: Severe

635 min

24 Mar 2026

Severity: Mild

80 min

Weather: Clear • 8°C • 1009 hPa • 80% humidity

23 Mar 2026

Severity: Mild

74 min

Weather: Cloudy • 9°C • 1011 hPa • 90% humidity

22 Mar 2026

Severity: Mild

55 min

21 Mar 2026

Severity: Moderate

0 min

Weather: Rain • 11°C • 1007 hPa • 87% humidity

Detailed Log

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Daily Entries

20 Mar 2026

48 min

Severity: Mild

Weather: Rain • 12°C • 1006 hPa • 92% humidity

19 Mar 2026

0 min

Weather: Rain • 14°C • 1001 hPa • 88% humidity

18 Mar 2026

37 min

Severity: Moderate

Weather: Mostly Clear • 15°C • 1009 hPa • 48% humidity

17 Mar 2026

12 min

Severity: Mild

Reported triggers: Stress

Weather: Clear • 14°C • 1011 hPa • 57% humidity