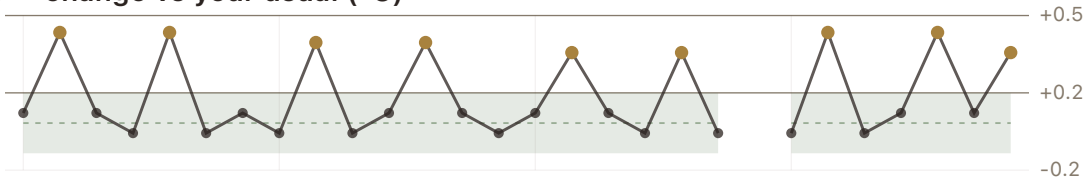


Perigee — Health Summary

Last 4 weeks · Aug 4, 2026 – Aug 31, 2026
Generated on your iPhone from Apple Health. Nothing is uploaded.

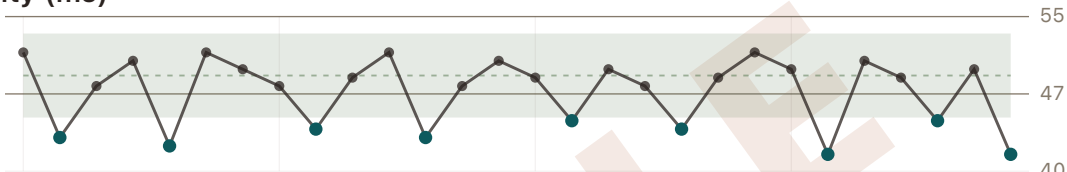
Your nights, against your own usual range

Wrist temperature — change vs your usual (°C)



Nights above your usual: 9 · below: 0 · not recorded: 1

Heart rate variability (ms)



Nights above your usual: 0 · below: 9 · not recorded: 0

Sleep duration (hours)



Nights not recorded: 0

Symptoms you logged, on the same nights

Darker marks = stronger intensity (1–3).



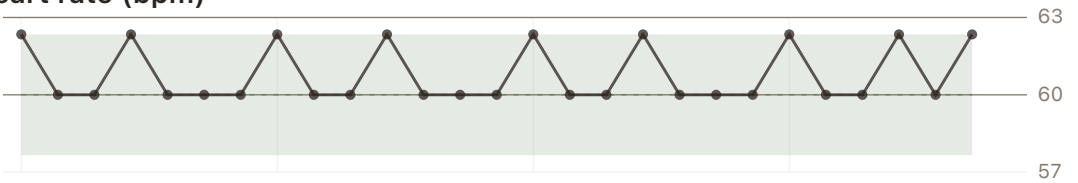
Other symptoms you logged appear in the table on the next page.

HRT you logged, on the same timeline



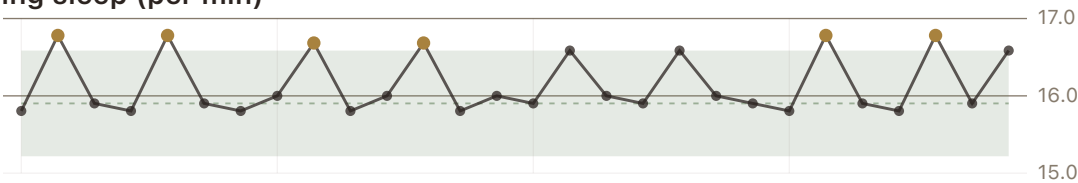
More detail

Daytime resting heart rate (bpm)



Days above your usual: 0 · below: 0 · not recorded: 0

Breathing rate during sleep (per min)



Nights above your usual: 6 · below: 0 · not recorded: 0

8/4 8/11 8/18 8/25

The Watch recorded overnight readings on 28 of 28 nights in this window.

Watch readings

Daytime resting heart rate	61 bpm average · 60–62 bpm · 28 days
Heart rate variability	48 ms average · 28 nights
Wrist temperature	+0.1°C average vs what's usual · 27 nights
Sleep duration	6h 31m average · 28 nights
Awakenings	1.5 average per night
Breathing rate	16.2 per min average · 28 nights

Symptoms logged

Night sweats	6× · average intensity 2.5/3
Can't sleep	4× · average intensity 2.2/3
Hot flash	4× · average intensity 2.2/3
Brain fog	3× · average intensity 1.3/3
Palpitations	3× · average intensity 1.7/3
Headache	1× · average intensity 1.0/3
Low mood	1× · average intensity 1.0/3

HRT log

Aug 31, 2026	Estradiol patch
Aug 28, 2026	Estradiol patch
Aug 24, 2026	Estradiol patch
Aug 21, 2026	Estradiol patch
Aug 17, 2026	Estradiol patch

Aug 10, 2026

Estradiol patch

Aug 7, 2026

Estradiol patch

How to read these charts

The shaded band is your usual range — the same range the app scores each night against: the middle of your own previous 28 nights, frozen at that night. It is yours alone, not a population range.

A dot outside the band means that night sat outside your usual. Ochre = above, teal = below. Color never means good or bad.

Gaps are nights the Watch didn't record. They are shown as gaps — never filled in.

This is a wellness summary, not a diagnosis. It compares Apple Watch readings with what's usual for you and is meant to support a conversation with your doctor. It does not detect, diagnose or stage a condition, and it never recommends medication changes.

SAMPLE