

Hot Flash & Night Sweat Diary

ONE ROW PER EPISODE

Log episodes as they happen where you can. Over a week or two, the pattern - time of day, what preceded it, how long it lasted - is usually more useful to a clinician than the raw count.

Date	Time	Day / Night	Intensity 1-5	Lasted	What preceded it	Sweating?	What helped

COMMON TRIGGERS I HAVE SPOTTED

Warm rooms, hot drinks, spicy food, alcohol, caffeine, stress, tight clothing, sudden temperature change.

IMPACT ON DAILY LIFE

Work, sleep, social plans, confidence. Clinicians weigh impact heavily.