

Migraine report

Sample patient, Sep 3 to Oct 2, 2026

Looma: Migraine Tracker

Created Oct 3, 2026

6

attacks

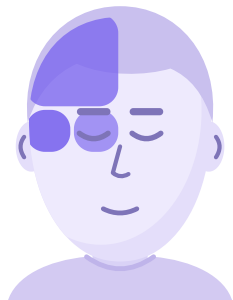
6.8

avg. intensity (1–10)

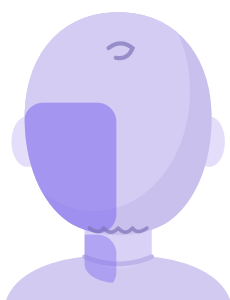
9 h

avg. duration

Pain location



Front (mirror view)



Back

Darker areas hurt more often. Most often: Left temple (5), Left forehead (4), Left eye (3).

Most common triggers

Poor sleep quality	4 of 6
Stress	3 of 6
Screen time	2 of 6
Skipped meal	2 of 6

Medications and what helped

Ibuprofen 400 mg	taken 4×, avg. effect 3.5/5
Paracetamol 1 g	taken 2×, avg. effect 2/5

Other things tried

Rest in a dark room	helped 3 of 4, a little 1
Cold pack	helped 1 of 2

Days affected

Missed work or school	2 days
Got less done at work or school	3 days
Couldn't do housework	2 days
Missed family or social time	1 day
Had to lie down	4 days

These answers follow the MIDAS questions, so your doctor can compare.

Weather

4 of 5 attacks came within a day of a pressure change of 5 hPa or more.

Attack log

Started	Duration	Type	Intensity	Where	Medication
Sep 4, 6:40 PM	11 h	Migraine	7	Left temple, Left eye	Ibuprofen 400 mg
Sep 9, 7:15 AM	6.5 h	Migraine	6	Left forehead, Left temple	Paracetamol 1 g
Sep 15, 9:30 PM	13 h	Migraine	8	Left temple, Left back of head	Ibuprofen 400 mg
Sep 20, 2:05 PM	4 h	Headache	5	Left forehead	–
Sep 26, 8:50 PM	10 h	Migraine	8	Left temple, Left eye, Left side of neck	Ibuprofen 400 mg
Oct 1, 7:20 PM	9.5 h	Migraine	7	Left forehead, Left temple, Left eye	Ibuprofen 400 mg, Paracetamol 1 g



For information only. This report is not a diagnosis. This is a sample with a fictional patient, showing the layout of the report Looma creates. Weather data from MET Norway.