Hot flash & night sweat diary

Days 1 to 7. One row per episode worth noting. Leave a day blank if nothing happened: blank means unknown, not symptom-free.

Day / date	Time	Day or night	Strength 1-3	About how long	Just before (food, drink, room, stress)	Woke me?	Notes
Day 1		D / N	1 2 3			Y / N	
		D / N	1 2 3			Y / N	
		D / N	1 2 3			Y / N	
Day 2		D / N	1 2 3			Y / N	
		D / N	1 2 3			Y / N	
		D / N	1 2 3			Y / N	
Day 3		D / N	1 2 3			Y / N	
		D / N	1 2 3			Y / N	
		D / N	1 2 3			Y / N	
Day 4		D / N	1 2 3			Y / N	
		D / N	1 2 3			Y / N	
		D / N	1 2 3			Y / N	
Day 5		D / N	1 2 3			Y / N	
		D / N	1 2 3			Y / N	
		D / N	1 2 3			Y / N	
Day 6		D / N	1 2 3			Y / N	
		D / N	1 2 3			Y / N	
		D / N	1 2 3			Y / N	
Day 7		D / N	1 2 3			Y / N	
		D / N	1 2 3			Y / N	
		D / N	1 2 3			Y / N	

General information, not medical advice. Talk to your clinician. Sources: Mayo Clinic, hot flashes (2026); National Institute on Aging, hot flashes (2021).

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Hot flash & night sweat diary

Days 8 to 14. One row per episode worth noting. Leave a day blank if nothing happened: blank means unknown, not symptom-free.

Day / date	Time	Day or night	Strength 1-3	About how long	Just before (food, drink, room, stress)	Woke me?	Notes
Day 8		D / N	1 2 3			Y / N	
		D / N	1 2 3			Y / N	
		D / N	1 2 3			Y / N	
Day 9		D / N	1 2 3			Y / N	
		D / N	1 2 3			Y / N	
		D / N	1 2 3			Y / N	
Day 10		D / N	1 2 3			Y / N	
		D / N	1 2 3			Y / N	
		D / N	1 2 3			Y / N	
Day 11		D / N	1 2 3			Y / N	
		D / N	1 2 3			Y / N	
		D / N	1 2 3			Y / N	
Day 12		D / N	1 2 3			Y / N	
		D / N	1 2 3			Y / N	
		D / N	1 2 3			Y / N	
Day 13		D / N	1 2 3			Y / N	
		D / N	1 2 3			Y / N	
		D / N	1 2 3			Y / N	
Day 14		D / N	1 2 3			Y / N	
		D / N	1 2 3			Y / N	
		D / N	1 2 3			Y / N	

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My two-week summary

Fill this in on day 14, then bring all three pages to your appointment.

Hot flashes in 14 days (day / night)

Day _____ Night _____

Nights my sleep was broken

_____ of 14

Strongest ones usually came after...

What helped, even a little

Treatments, medicines or supplements (with doses)

My top 3 questions, most important first

1.

2.

3.

A pattern in your own handwriting is a better conversation starter than "I think it's getting worse."

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