

# The Daysy Guide To Your Hormones



# The Daysy Guide To Your Hormones

Daysy can give you insight into your fertility, hormones, and health. With this guide, we hope to share a good overview of the science behind the red, green, and yellow lights, and support you in gaining the knowledge you deserve, to use Daysy as a powerful tool for self-understanding and empowered decision-making. Whether you're just starting out with Daysy or a longtime cycle tracker, this guide will provide evidence-based answers to the central questions we discuss every day with our users.

Daysy is an intelligent fertility tracker that lets you get to know your very own menstrual cycle. Daysy is to be used to facilitate conception and track your cycle. Daysy is not a replacement for contraception.

For more information on using Daysy — the red, green, and yellow lights, app functionality, and more — please refer to your Quick Guide.



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# The Basics

# What is basal body temperature and why is it important to fertility?

## Basal body temperature is a fertility sign.

It can be used to calculate and confirm when and if you have ovulated. You reach your basal body temperature (BBT, also, helpfully known as *resting temperature*) by taking your temperature in your mouth, under your tongue, **the moment you wake up, before getting out of bed, speaking, drinking water, or anything else.**



Ovulation causes your body to become slightly warmer. The progesterone released as a result of ovulation causes an increase in temperature of approximately 0.5°F. Progesterone does this by acting on your thyroid. This temperature increase occurs around ovulation or up to two days after ovulation has occurred. This measurable shift allows basal body temperature to be used as a way of understanding when you ovulated, and when the fertile window is closed.

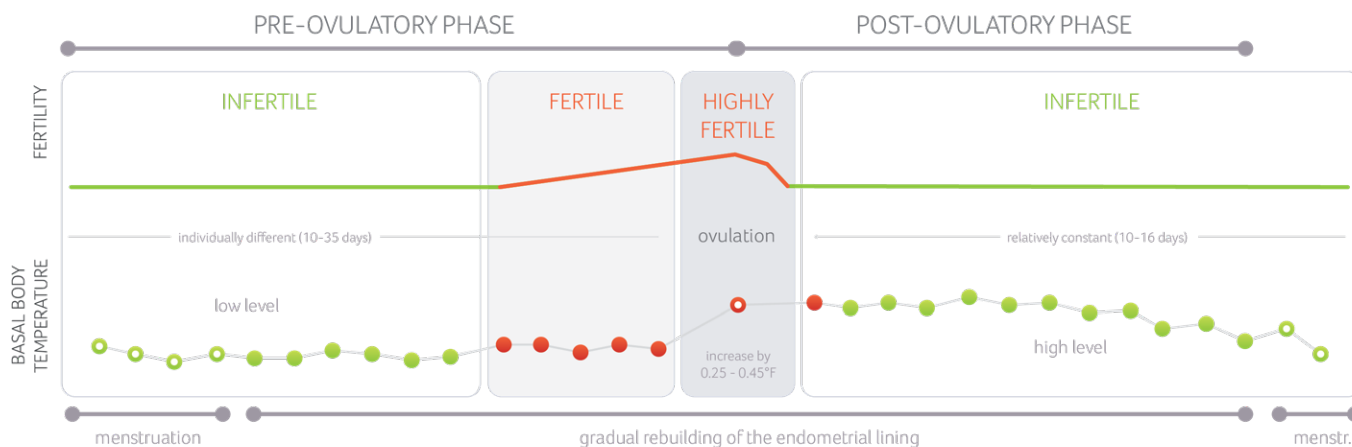
Daysy is not a medical thermometer. It is designed to be used to track basal body temperature only, in conjunction with The Fertility Tracker Method.

## DAYSY DETAILS

The Daysy sensor is a unique and highly calibrated basal body temperature thermometer that can measure this shift in temperature. The Daysy sensor is unlike many other basal body temperature thermometers in that it tracks the stabilized basal body temperature and does not average out the data received while the temperature is being recorded, making it a highly accurate way to record this fertility sign.

Daysy uses basal body temperature to confirm ovulation has occurred for that cycle and to end your fertile window and begin providing green light status again. Although basal body temperature is the primary fertility sign Daysy uses to make calculations, Daysy also has a unique database of menstrual cycle data and a unique algorithm from which calculations and conclusions are drawn.

This practice of fertility awareness is called The Fertility Tracker Method, established over 30 years ago by Daysy's parent company Valley Electronics and Dr. Hubertus Rechberg.





# What is my fertile window?

## Your fertile window centers around ovulation.

You will experience, as a norm, one ovulation per cycle, releasing one egg or ovum. Your body releases progesterone as a consequence of ovulation, which prevents a second ovulation from occurring. In rare cases, which can result in fraternal twins, two eggs are released in quick succession. It is generally stated that the egg that is released during ovulation lives for just 18 hours. On a conservative estimate, the egg can survive a 24 hour period, as the full lifespan can cross two calendar days, depending on the release timing. If there are two eggs, they will both only survive this 24 hour period.

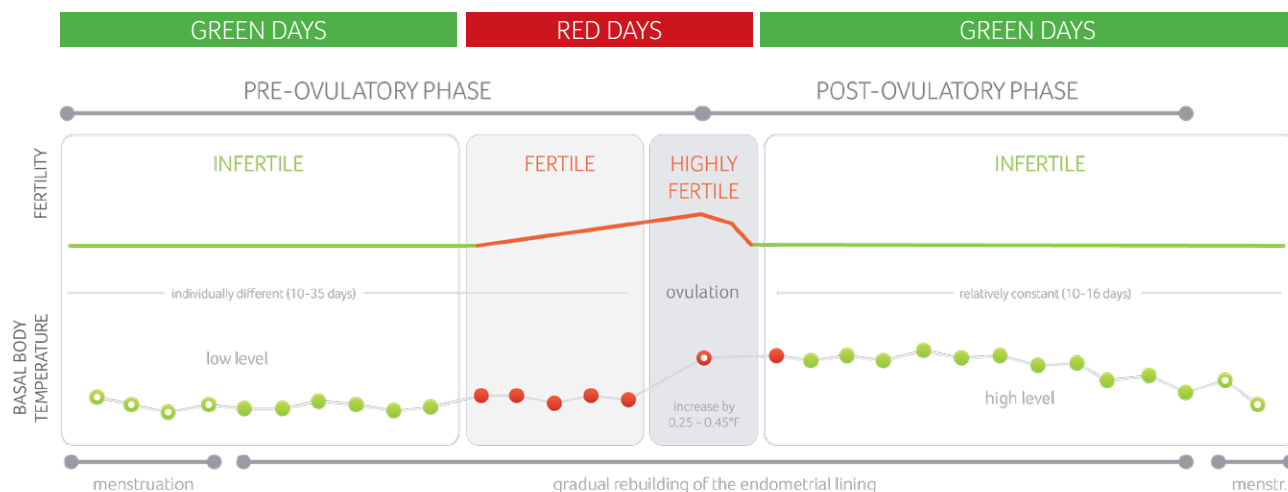


As such, a woman is only truly fertile for the lifespan of the egg. However, the egg must be fertilized by sperm to bring about pregnancy, and sperm can survive in the female body for a **maximum of five days**, with optimal conditions. It is the lifespan of sperm, plus the lifespan of the egg combined — 24 hours plus five days — **that makes up the female fertile window of six days total.**

The fertile window is the time in your cycle when you can get pregnant.

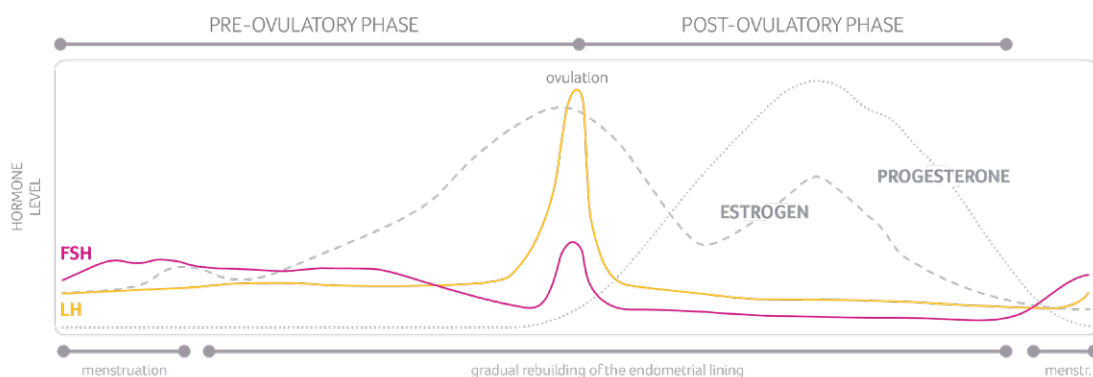
## DAYS Y DETAILS

Daysy calculates your fertile days each cycle. Daysy takes into account the lifespan of sperm to determine the window prior to ovulation. Ovulation is confirmed via basal body temperature (BBT) data and the unique Daysy algorithm. Once ovulation is confirmed, the fertile window can be closed, and green lights given again. Daysy includes additional possibly fertile days in calculations around this fertile window. As such, you will not receive just six red lights to indicate your fertile window, but an average of nine, sometimes less, sometimes more, depending upon when ovulation occurs. Each woman is different and each cycle a woman experiences is different, so there is no set amount or fixed number of red days, of course.



# Which hormones are involved in my cycle?

Your cycle includes estrogen, progesterone, FSH (follicle stimulating hormone), LH (luteinising hormone), and a small amount of testosterone. FSH and LH cause the egg or ovum to reach maturity. Ovulation produces progesterone. The follicles that develop into mature eggs create estrogen, a hormone that causes your uterine lining to build up, and your body to produce cervical fluid.



## HORMONES IN YOUR CYCLE

**Estrogen:**  
Suppresses your BBT

**Progesterone:**  
Raises your BBT

**Follicle Stimulating Hormone (FSH)**

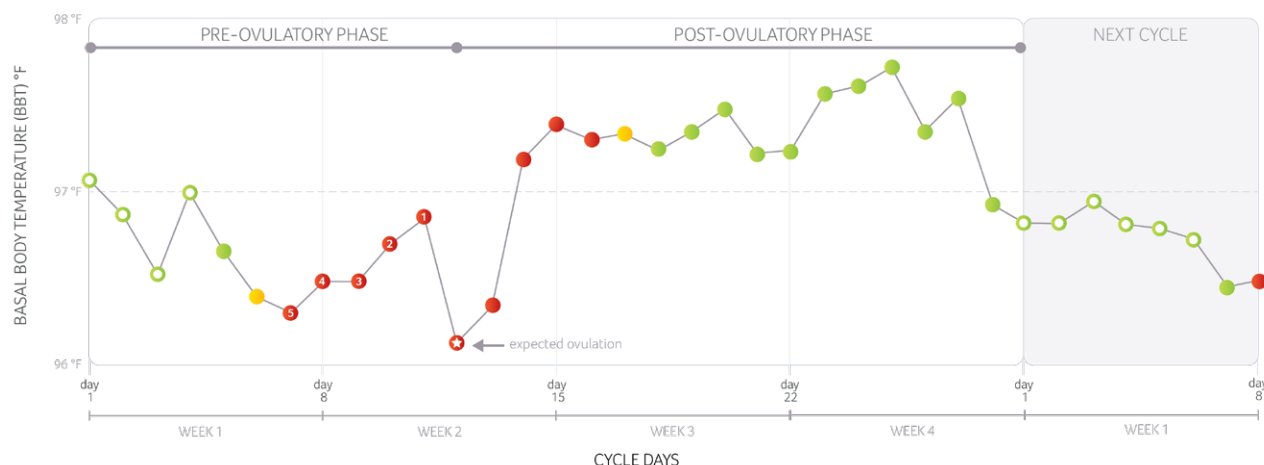
**Luteinising Hormone (LH)**

**Testosterone**

## DAYS Y DETAILS

Daysy, as a basal body temperature sensor, spots and tracks the shift in hormones that come after you ovulate. In the first half of your cycle, **estrogen suppresses your temperature**, so your baseline is lower.

In the second half of your cycle, **progesterone raises that temperature**, so your baseline is higher. Daysy can show you that you have ovulated that cycle. If you have ovulated, you are producing progesterone.





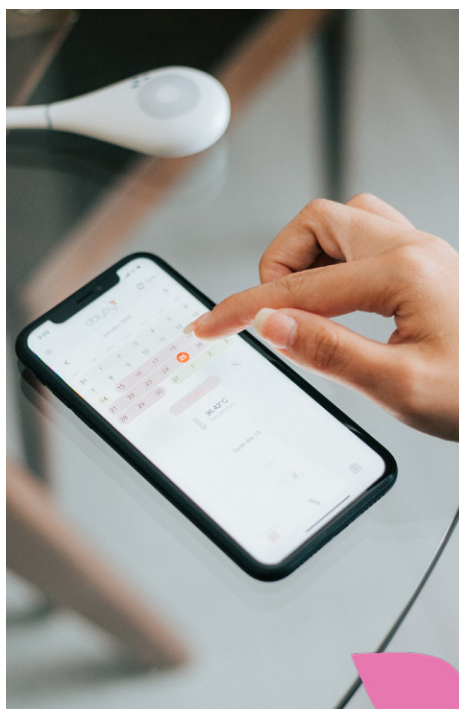
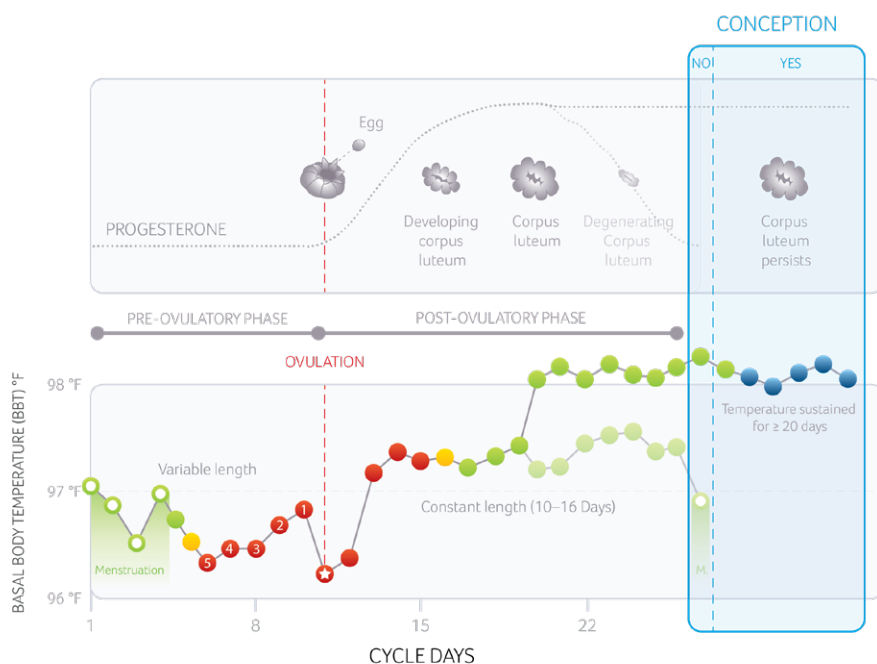
# How are hormones and BBT connected?

## After you ovulate, a new gland is produced called the corpus luteum.

This gland releases the hormone progesterone. Progesterone acts on the thyroid gland to increase your basal body temperature (BBT) slightly. Your body starts preparing for a possible pregnancy. The uterus lining builds up and the cervix closes.

If the egg is fertilized by sperm and you are pregnant, **your basal body temperature will rise again and stay high for the first three months** of pregnancy, when you continue to produce progesterone.

If the egg is not fertilized and you are not pregnant, the corpus luteum reduces in size and produces less progesterone — **resulting in a drop in basal body temperature** just prior to the start of menstruation.



## DAYSY DETAILS

Using the DaysyView app, you can view and monitor the rise in basal body temperature post-ovulation and the lowering of basal body temperature prior to your menstruation. In fact, with some studying, you can come to understand your cycle beyond the Daysy status indicator lights. Beyond the red lights indicating your fertile window, the DaysyView chart will reveal when you ovulated, and, beyond the purple flashing light indicating your period is due, the DaysyView chart will reveal that your period will start within days. Cycle stats show how your cycles map out over the months — your average cycle length, ovulation day, etc.

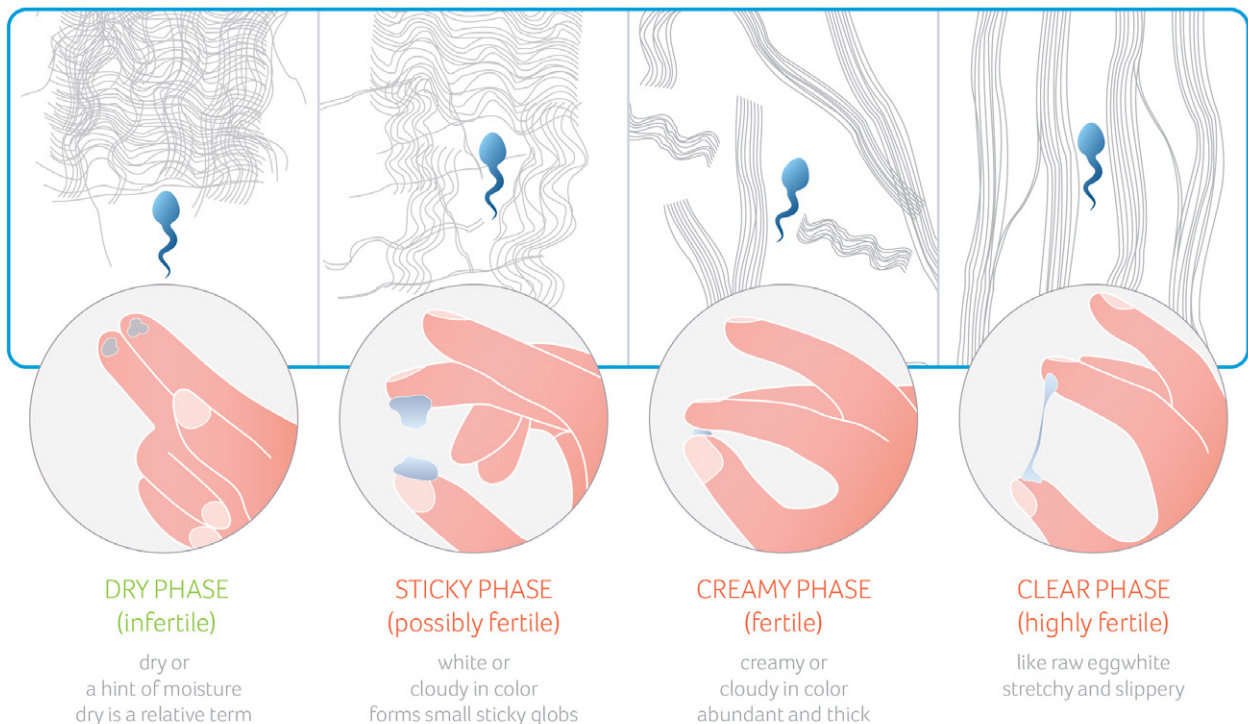
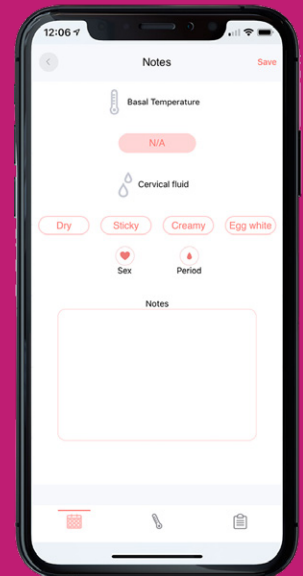
# What is cervical fluid and why is it important to fertility?

Sperm can survive for a maximum of five days in the female body in optimal conditions — those optimal conditions must include the presence of fertile cervical fluid. Cervical fluid allows sperm to survive, move, and fertilize the egg you have released. Cervical fluid changes in color, texture, and amount across the cycle, and some days you will not produce any. You may notice this in your underwear or when you wipe after using the bathroom. Fertile cervical fluid has a specific consistency, color, and texture. This type of cervical fluid is necessary for you to get pregnant.

**Cervical fluid is a fertility sign, alongside basal body temperature.**

## DAYSY DETAILS

In the DaysyView app you can record your cervical fluid type, if you desire. The app provides four indicators to choose from — dry, sticky, creamy, egg white (clear) — which denote changes in color, texture, and consistency. These recordings are optional and not integrated into the calculations made by Daysy to indicate your fertility status for that day. While those who are trying to achieve pregnancy may be supported by cervical fluid recordings in the DaysyView app, as the presence of cervical fluid is necessary for pregnancy, Daysy calculates your fertile days independently of this information and remains a highly accurate indicator of ovulation. If fertile cervical fluid is present, amongst other necessary factors, these are the days on which you can achieve pregnancy.



# How does sperm survive five days?

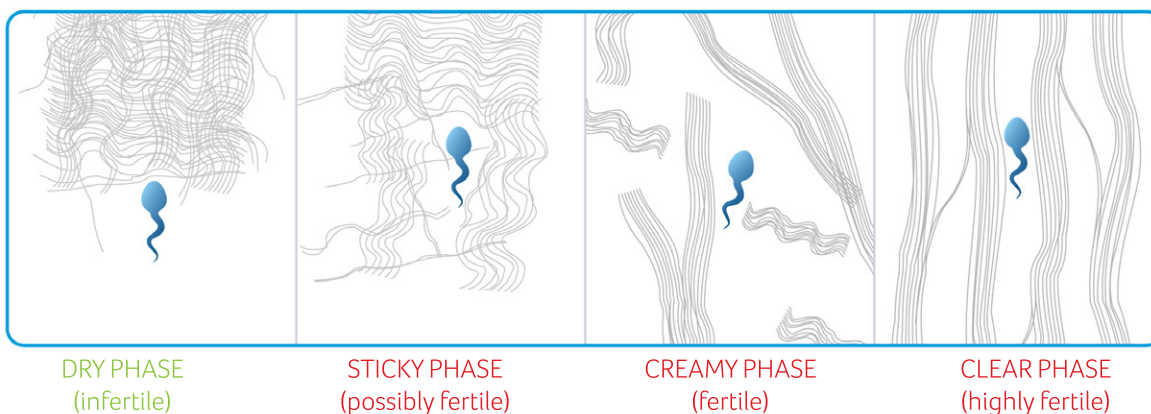
## Sperm survives in vaginal tracts awaiting the presence of an egg to fertilize.

Optimal conditions will allow the sperm to survive here for a maximum of five days. Outside of the fertile window, the pH of the vagina (primarily acid) is not hospitable to sperm, and they will die immediately. The presence of fertile cervical fluid, which is primarily alkaline, protects the sperm from the otherwise acid environment, and it becomes more hospitable to sperm, allowing their survival. Despite this, the female body still attacks the majority of sperm as alien bacteria, and most do not make it far — just a few dozen will be in the running to fertilize an egg, if present.



## DAYS Y DETAILS

Daysy is able to open the fertile window each cycle prior to ovulation by using your own data alongside the internal database of many menstrual cycle data (in addition to accounting for the lifespan of sperm, to make a statistical calculation). This statistical calculation concludes the earliest point at which you are likely to ovulate and counts back from there, including those five days, plus additional possibly fertile days. This calculation opens the fertile window and is indicated by the start of red lights.

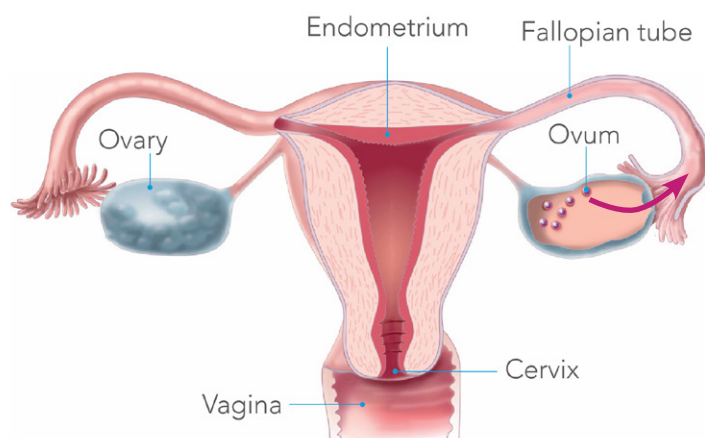






## What happens when I ovulate?

A follicle (or ovum) within one of your ovaries grows larger than the others, and this is the one that will release the egg for ovulation that cycle. Ovulation does **not alternate between the right and left ovaries**, but is predicated by chance. The release of the egg from the follicle is thought to take about 15 minutes.



### DAYSy DETAILS

Daysy is calibrated to pinpoint the shift in basal body temperature that occurs after ovulation. Daysy will provide predictions on when you might ovulate each cycle, as support information for those trying to conceive. In retrospect, by viewing the DaysyView chart, we can see on which day ovulation likely occurred. Some women report experiencing symptoms and signs around ovulation — like ovulation pain/cramps and bloating. You can use the Notes section of the DaysyView app to record these experiences.

# What happens when I get my period?

Menstruation occurs when the uterine lining sheds, some two weeks post-ovulation, when a pregnancy has not happened.

Menstruation necessarily follows ovulation. A bleed without ovulation is either a withdrawal bleed, which occurs on some forms of hormonal birth control, or a shedding of the built uterine lining during an anovulatory cycle (a cycle without ovulation).

## DAYSY DETAILS

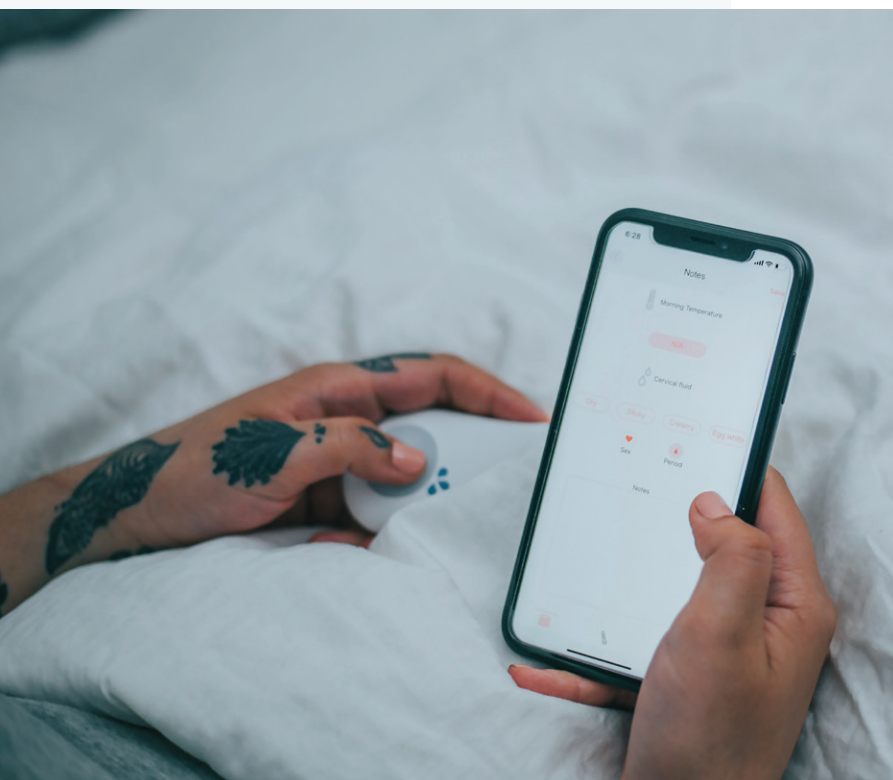
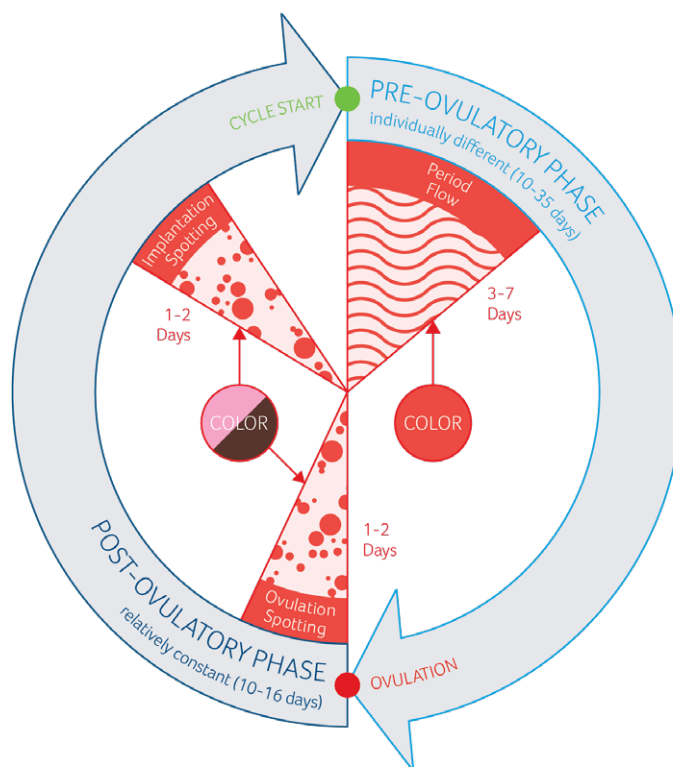
Daysy asks that you record a minimum of three period days. Daysy incorporates this information, that you experience a period and when it starts, into its calculations, and as such this information is vital to accurate indication of your fertile window. Most women will experience a period for longer than three days, but some may experience a two day period. With Daysy, menstruation is considered bright red flow, while spotting or brown blood shed is not needed to be included in recordings. As Daysy gets to know you, you will see flashing violet lights to, at first, ask if you have your period, and later, to predict your period is due.





# What is the difference between spotting and my period?

A new cycle begins on the first day of the period, but what exactly counts as a period is sometimes unclear as spotting may or may not occur leading up to menstruation. However, the first day of the cycle is always considered to be the **first day of active bright red bleeding and flow**. Therefore, pre-menstrual spotting is always considered part of the previous cycle.



## DAYSY DETAILS

To enter menstruation on Daysy, wake up your device by pressing the activation button once briefly. Press and hold the activation button until the purple light remains solidly lit, and you hear a beep. Confirm menstruation for each day (for at least 3 consecutive days) that you have active bleeding and blood flow. Please be sure not to enter spotting as menstruation. The better you know your cycle, the easier it will be for you to distinguish a real menstruation from other bleeding.



# How can I identify different kinds of cycle-related bleeding?

## Ovulation Spotting

Some women notice mild cramping, spotting, light bleeding, or red, pink, or brown blood-tinged discharge around ovulation. This normally occurs while the basal temperature is still at a lower level, or just as it is rising to the higher level, and is caused by a relatively rapid drop in the estrogen level after the pre-ovulatory phase. Occasionally, the estrogen concentration falls below the critical threshold necessary for the maintenance of the uterine lining, and spotting occurs.

## Implantation Spotting

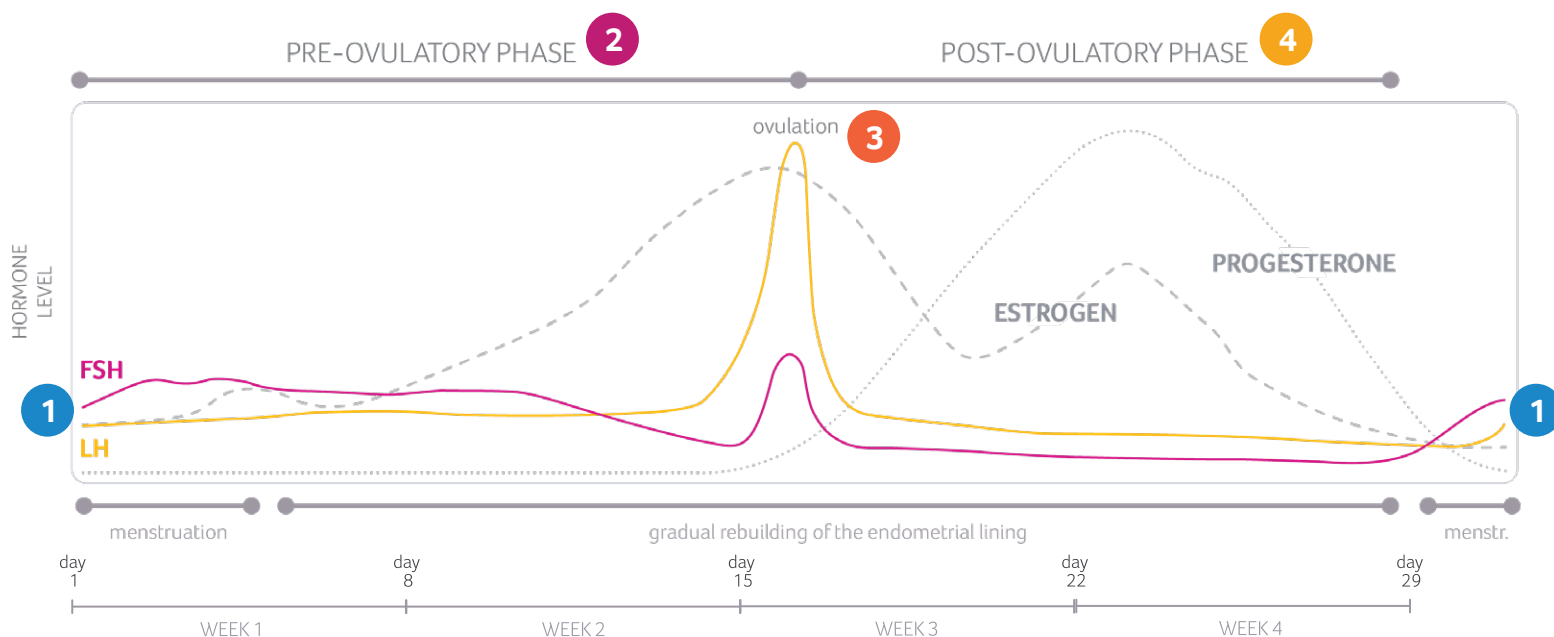
When an egg cell has been successfully fertilized, it nests in the lining of the uterus, causing minor damage to blood vessels and causes bleeding. Implantation spotting takes place approximately 4-6 days after fertilization/ovulation and can be an early sign of pregnancy. The implantation bleeding, compared to a period, is lighter and redder, not painful, and usually shorter.

If you are concerned about your bleeding pattern or the kind of bleeds you are experiencing, please contact your healthcare provider for expert advice.



	Menstruation	Ovulation Spotting	Implantation Spotting
Amount	changing intensity	light	light
Consistency	fluid, mixed with coagulated blood	greasy, sticky	greasy, fluid
Color	alternating from light red, to bright red, to brownish	brownish, pink or reddish	pink to light red
Timepoint	Cycle start, 10-16 days after Ovulation	Shortly before or on the day of ovulation	4-6 days after ovulation
Duration (days)	3-7	1-2	1-2

# What are the four stages of the menstrual cycle?



1

## Menstruation

Menstruation is the bleed that follows ovulation, some two weeks later. It is the shedding of the uterine lining, provoked by the lowering of the hormone progesterone and a dip in your basal body temperature. **The start of menstruation is the start of your menstrual cycle, or cycle day one.** The hormone estrogen also drops and overall, your cycle hormone levels are at their lowest.

2

## Follicular Phase

This is the stage that follows menstruation. Estrogen is elevated, as are FSH and LH, leading up to the ovulatory event or ovulation. It is called the Follicular Phase because it is the time when the ovarian follicles are stimulated to grow and release an egg by Follicle Stimulating Hormone (FSH).

3

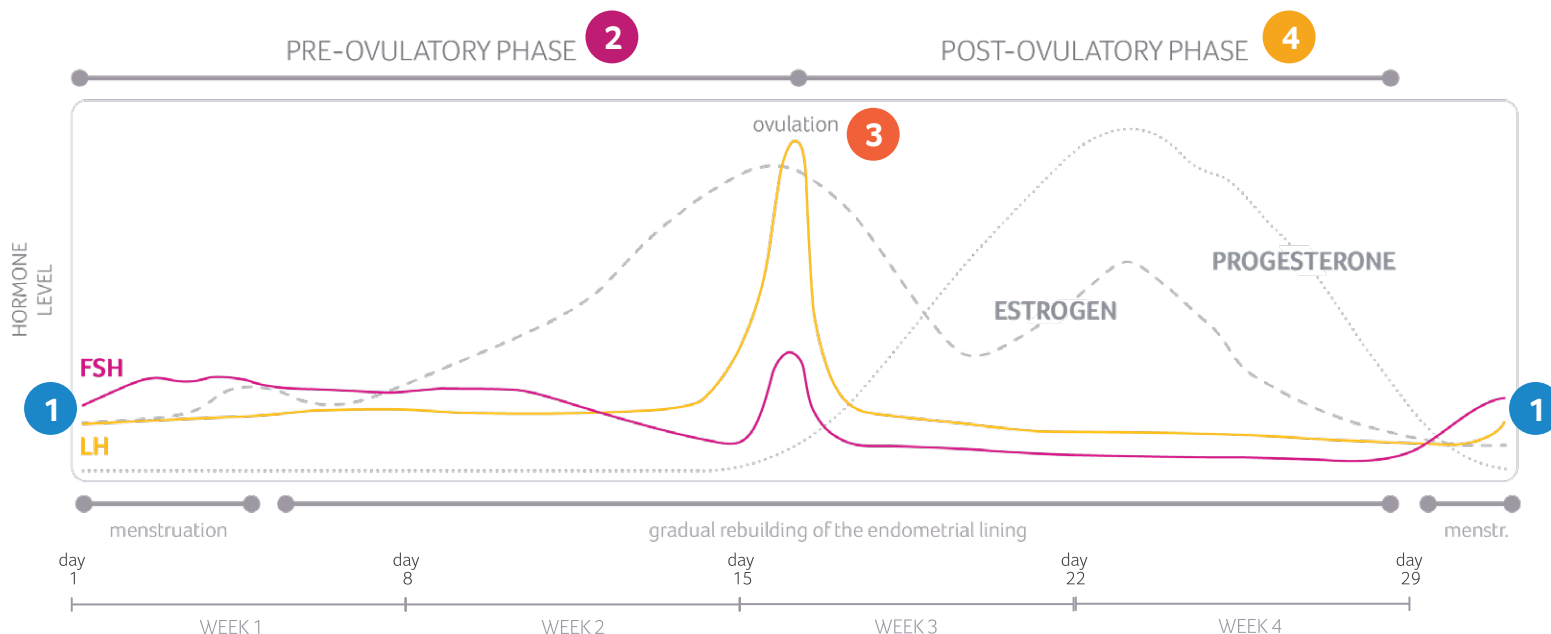
## Ovulation

Per our previous descriptions here in the guide, usually in the middle section of the menstrual cycle, ovulation occurs. The egg is released from the ovarian follicle and into the fallopian tube, traveling toward the uterus. Your BBT increases slightly with the release of progesterone from the corpus luteum. The egg will take some three or four days to reach the uterus, during which time it may or may not meet sperm. If the egg is not fertilized within 24 hours, it perishes and is reabsorbed by the body.

4

## Luteal Phase

The Luteal Phase is named for the corpus luteum produced during ovulation, which releases the primary hormone of this phase — progesterone. Your cycle is essentially biphasic — which you can see in your DaysView chart when you experience an ovulatory cycle (a cycle with ovulation) — showing the phase in which estrogen is dominant, and the phase in which progesterone is dominant. **The length of your Luteal Phase — overly short (under nine days) or overly long (over 16) can be a sign of hormonal imbalance.**



## DAYSY DETAILS

1

### Menstruation

You will tell Daysy when you have your period, directly on the device. You need to record three period days minimum, even if your period is shorter than three days. Daysy will indicate period days with a solid violet light, and, for the first few days, a green light. The first days of your period are understood to be non-fertile days, as the calculated likelihood that you will experience a very short cycle is very small. Daysy is recommended for those with cycles 19-40 days in length.

The probability of a very short Follicular Phase, leading to fertile days during menstruation, is extremely low. In fact, research shows this occurs in less than 1% of cycles.

2

### Follicular Phase

This stage is indicated by Daysy as a movement from green lights you will receive if your cycles are longer in length and regular, to red lights indicating the opening of the fertile window.

3

### Ovulation

Daysy will suggest ovulation is predicted with a flashing red light, basing this prediction on your gathered cycle data. Confirmed ovulation is indicated by a change from your fertile window red lights to the post-ovulation, non-fertile stage of green lights.

4

### Luteal Phase

With Daysy, the Luteal Phase is indicated by a return to green lights post-ovulation. You are able to see in your DaysyView chart the shift in your temperature curve to higher basal body temps and then the lowering of basal body temps right before menstruation begins.



# How do I know when I am in each stage?

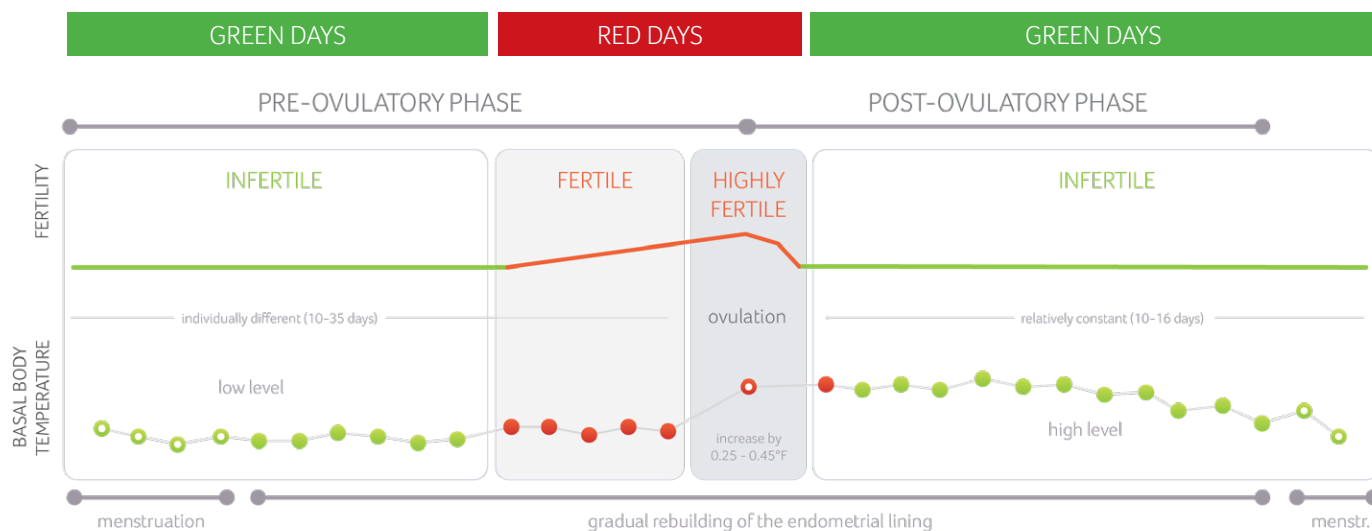
## There are several ways to know where you are in your cycle.

One is taking your basal body temperature (a major sign of fertility) and observing the biphasic curve of your chart — the follicular and luteal phases are clearly indicated via the temperature shift. Another is to observe symptoms, signs, or changes in your physical or emotional state throughout the cycle.

Common signs and symptoms include:

- cramps
- bloating
- breast tenderness
- mood changes
- increased libido

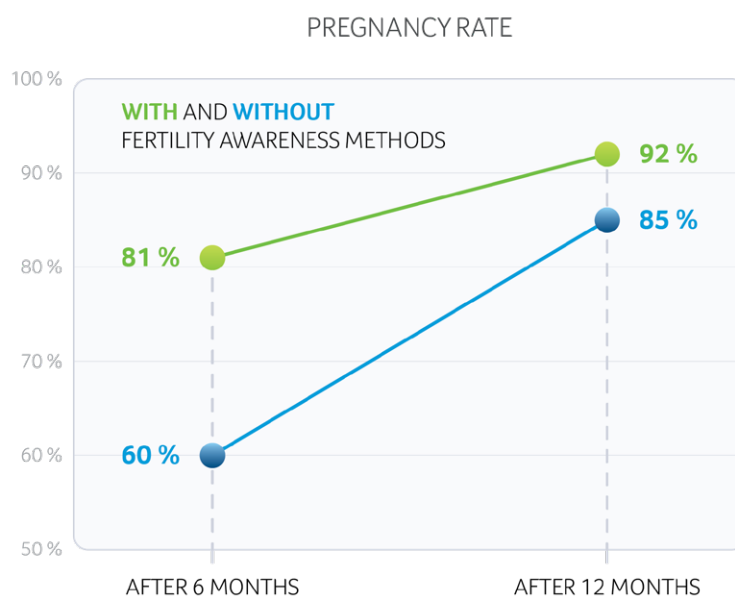
Some symptoms and signs might indicate a hormonal imbalance, others are considered within the normal scope of hormone level changes.



Getting Pregnant

# When can I get pregnant?

Daysy allows you to know when you are in your fertile window and also confirms that you have ovulated that cycle (and, more generally, that you can and do ovulate as part of your cycles, from your historical data). In order to conceive, you need to time unprotected sex during the fertile window, as close to ovulation as possible (within four days). As sperm only lives a maximum of five days (often fewer), this is a vital part of the process of successfully conceiving. In fact, it is understood that timing sex very close to ovulation increases the chance of conceiving considerably. Studies have shown that 81% of couples who are tracking fertility and timing intercourse accordingly conceive within 6 months.



## DAYSY DETAILS

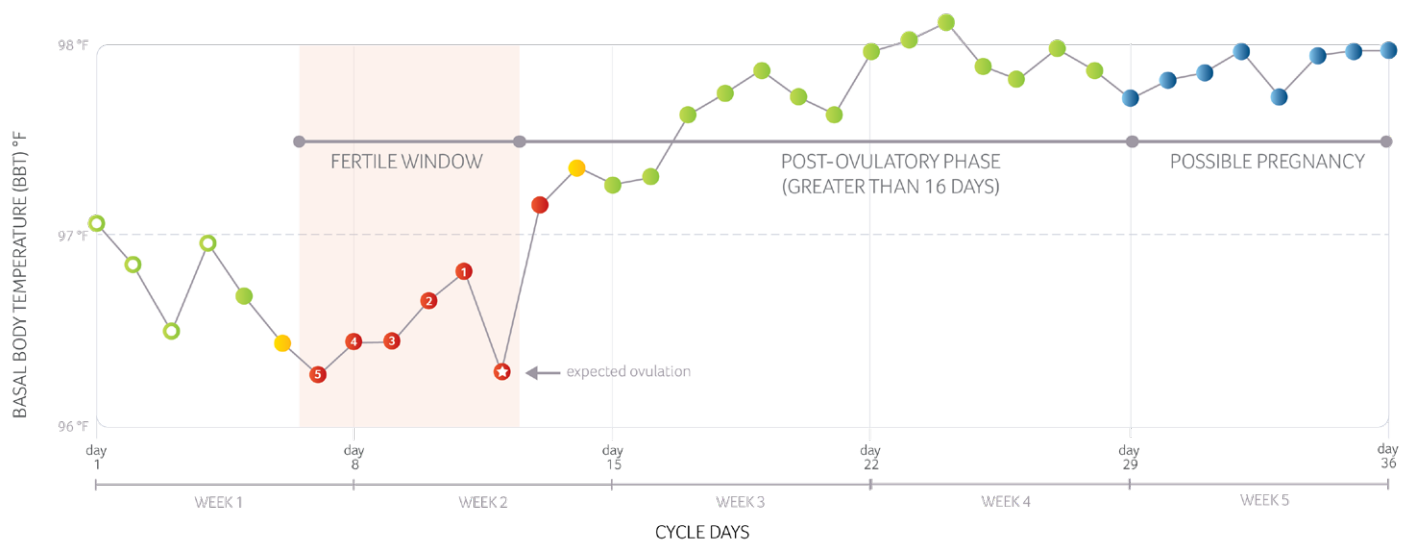
In viewing your historic data via the DaysyView app, observing your cycle stats, and Daysy predictions, you can plan to conceive during your expected fertile window at the optimum time. Daysy provides key data that is necessary to increase your chances of successful and timed conception. There are other factors involved in the process of conception, including fertile cervical fluid (which you can record in the DaysyView app) and importantly, the health of the sperm of your partner, which Daysy cannot provide any information on. If you find you struggle to conceive, the data Daysy provides can be helpful in ruling out certain issues associated with infertility.



# What does pregnancy look like on my DaysyView chart?

Basal body temperature is a good way to observe a pregnancy in the very early stages. If you miss a period and your basal body temperature remains elevated for more than 18 days, you can observe an early pregnancy. You may even be able to observe a second basal body temperature rise due to implantation of the fertilized egg in the uterine wall. Progesterone stays risen and then raises higher with pregnancy. Implantation occurs about 6 to 12 days after you ovulate.

That said, **Daysy should not be considered the same as a pregnancy test.** You will need to take a pregnancy test and seek medical advice from your healthcare provider to confirm a pregnancy.



## DAYSY DETAILS

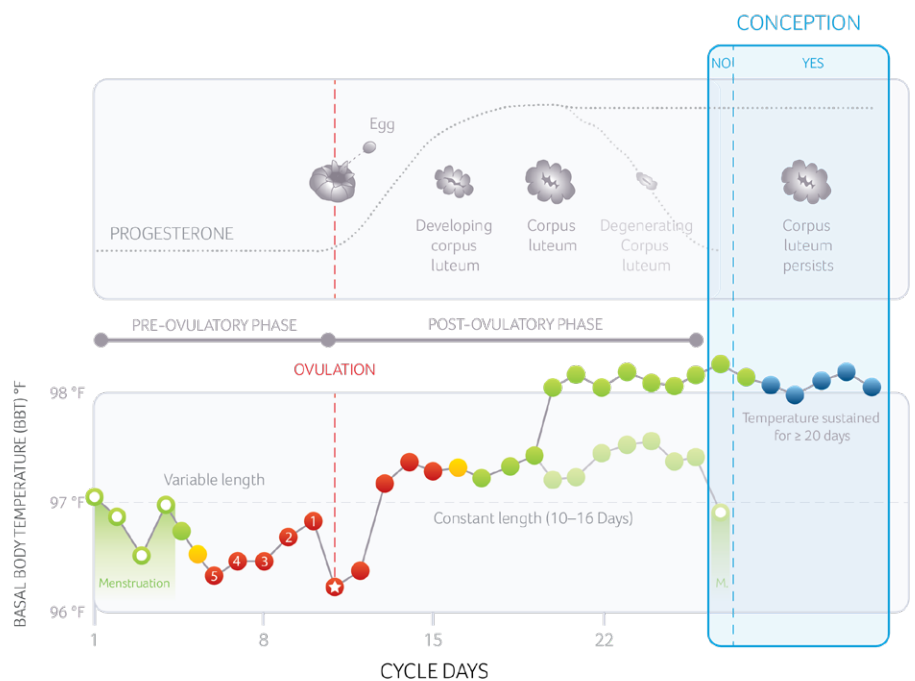
Daysy will indicate a possible pregnancy with all lights (red, green, and yellow) flashing. Daysy will indicate a higher probability of pregnancy with all lights solidly lit (red, green, and yellow). DaysyView will show blue and possible pregnancy when it is suspected. Daysy is able to track a possible pregnancy via your basal body temperature and historical data. Daysy is able to pinpoint and track pregnancy via your basal body temperature data and historical data.





## How is BBT connected to pregnancy?

Progesterone stays risen and then increases during pregnancy. Progesterone prevents the uterine lining from shedding or otherwise repelling the newly fertilized egg. In the first 10 to 12 weeks, the corpus luteum continues to provide the progesterone your body needs. After this stage the placenta develops and takes over as the source of progesterone. Progesterone acts on the thyroid to keep your basal body temperature high during pregnancy at around 98 degrees Fahrenheit.

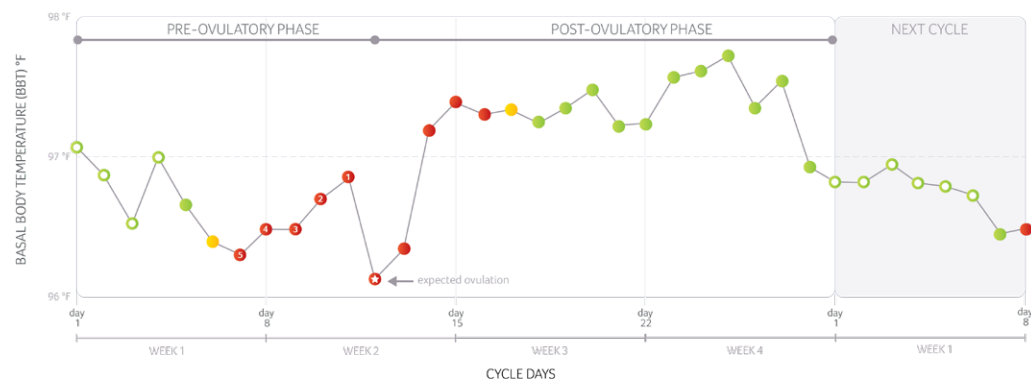


Ovulation

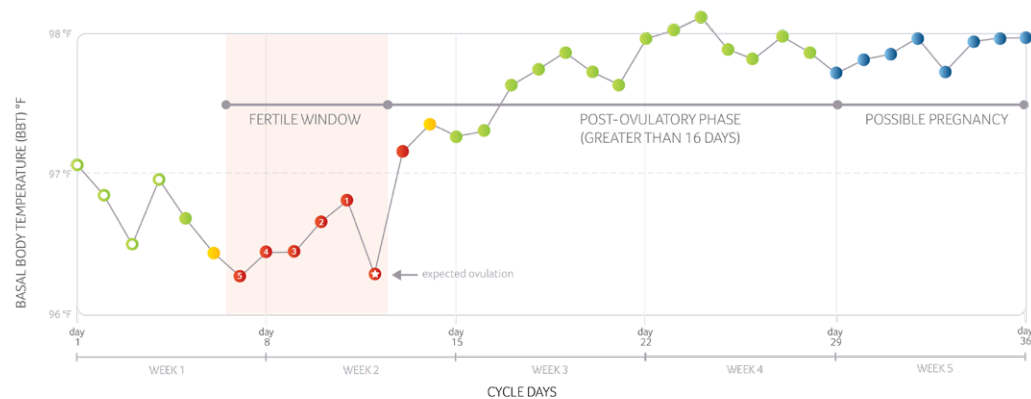
# What does ovulation look like on my DaysyView chart?

Your basal body temperature can indicate when ovulation occurs as your body temperature rises slightly from your pre-ovulatory baseline approximately 24 hours after ovulation occurs. This increase in basal body temperature then remains at a constant high level (approx. 0.2 — 0.5 °F above the average temperature level of the follicular phase) until the onset of menstruation, when temperatures drop back down again.

## Normal Ovulation & Menstruation



## Possible Pregnancy



## DAYSY DETAILS

Throughout the learning phase (considered to be the first 3-4 full cycles of use), Daysy gathers your unique cycle data and shows a higher number of fertile (red) and possibly fertile (yellow) days. As the the algorithm comes to understand your individual cycle rhythm, including your daily basal body temperature, start and end dates of menstruation, and accumulated past cycle data), your device can begin predicting your ovulation and start of your fertile window at least five days before the earliest possible date of your ovulation. In order to detect an increase in temperature by the algorithm, a sustained temperature increase around the expected time of ovulation is required. If and when the algorithm confidently recognizes your ovulation, Daysy will subsequently show you your individual infertile (green) days until the next menstruation. If Daysy is uncertain about an irregular pattern of your temperatures, yellow or red days will continue to be displayed.

# What happens to my cycle/hormones if I don't ovulate?

If there is no ovulation, there will be no temperature rise — the temperature remains on the same level throughout, in a monophasic cycle. Anovulatory cycles are more common at two life phases – during adolescence and approaching menopause (also known as perimenopause). They may also occur after childbirth, after miscarriage, and after hormonal contraception. Anovulatory cycles also commonly occur during times of stress, whilst extreme stress may result in amenorrhoea or the absence of periods altogether.

## DAYSY DETAILS

An anovulatory cycle will be clear in your DaysyView chart. Daysy will not be able to confirm ovulation and therefore your lights will stay red or yellow. You may experience a bleed, but it will likely be different than your normal menstruation. Bleeds that occur as part of anovulatory cycles (for example, the withdrawal bleed post hormonal birth control) should not be entered into Daysy as menstruation as this is not a true period. You may experience a bleed, but it will be lighter and shorter than your normal menstruation. We advise that users take caution if their bleeding is unusual (for example, if it's much shorter, a different color, lighter, or heavier, than is usually experienced) and then, potentially, not enter that bleed as menstruation, as it may be the result of an anovulatory cycle. If you suspect that you are regularly experiencing monophasic cycles (more than three in twelve months), please consult your physician.

The bleeding that follows an anovulatory cycle is caused by an increase in estrogen levels, instead of a decrease in progesterone. The cycle will likely last longer than what is typical for you, and your temperature will remain low throughout the cycle.

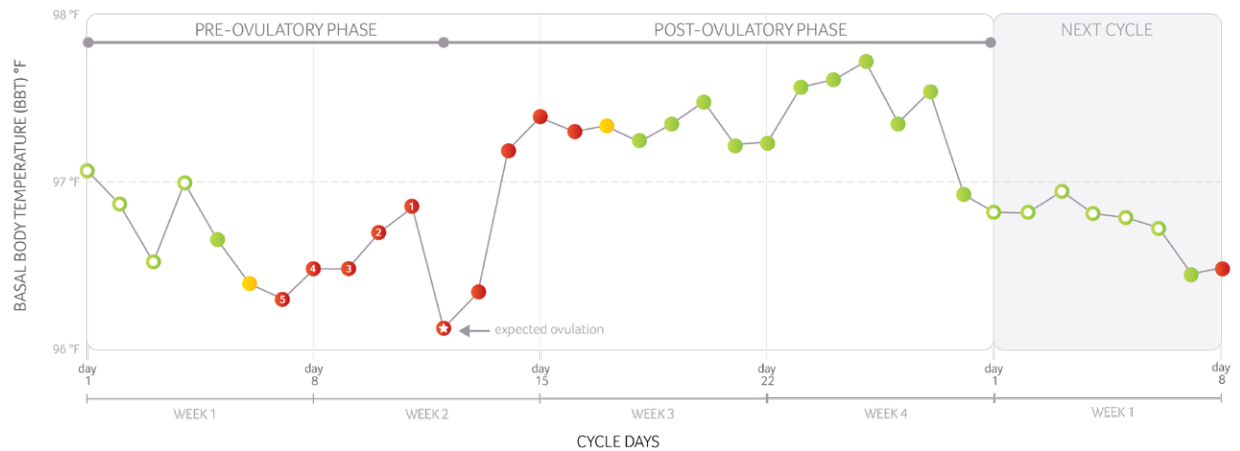


# What does a possible monophasic cycle look like on my chart, and what are the reasons for a monophasic cycle?

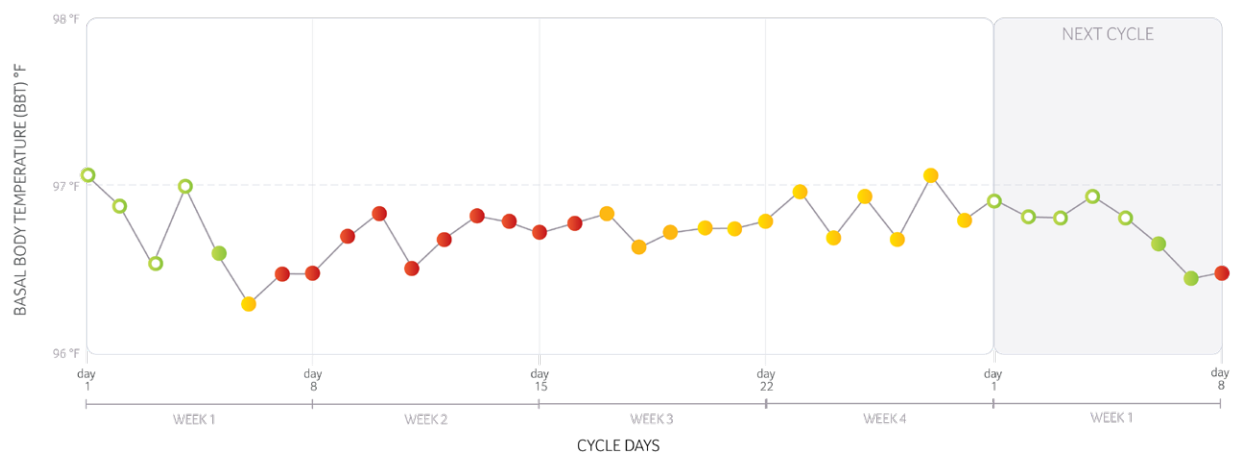
## Possible Monophasic Cycle

If a basal temperature curve does not show a high elevation, the curve is described as “monophasic.” The cycle is considered anovulatory.

Normal  
Ovulation &  
Menstruation



Monophasic  
Cycle





## Reasons For A Monophasic Cycle

It is not uncommon for women to experience anovulatory cycles at times. Among the approximately 15,000 temperature curves of a research project, a total of 7% were monophasic.

- In very short cycles (7 — 17 days), 57% were monophasic.
- The percentage of monophasic cycles decreased as cycle length increased. In 24-day cycles, nearly 6% were monophasic.
- In 25–32 day cycles, the rate of monophasic cycles was at its minimum (3%).
- In cycles of more than 33 days, the percentage of monophasic cycles increased.
- In cycles of 60 days or more, more than 41% of cycles were monophasic.

The percentage of monophasic cycles varies with age. In the year of the menarche 56% cycles were monophasic, decreasing sharply during the adolescent years to 6.6% at a gynecological age of eight years. The minimum rate of monophasic cycles was at gynecological age 29. The percentage of monophasic cycles then rises in the pre-menopausal years to 34% at gynecological age 40 — 45 years.

Further reasons can be due to illness, travel schedule, stress, or lifestyle changes (like a diet change or shift in how you exercise). A one-off anovulatory cycle is nothing to be concerned about.

That said, if you have persistent anovulatory cycles, we advise that you consult with your healthcare provider to discuss the root cause. It may be a hormonal imbalance, a health issue like Polycystic Ovarian Syndrome (PCOS), or thyroid problem. We are unable to provide support for these conditions, and ask that you seek expert support.

## DAYS Y DETAILS

You can always share your chart and full data file with your healthcare provider via the DaysyView app.

This file can help your healthcare provider with the diagnosis and medical treatment process.



# Hormonal Health

# What is an irregular cycle?

Since cycles are individually different and can vary from person to person as well as month to month, there is no rule of thumb for what an irregular cycle is. However, if your cycles are usually shorter than 23 days or longer than 35 days or if they often fluctuate by more than eight days, they are considered, medically-speaking, to be “irregular.” An irregular cycle means ovulation is not occurring around the same time each cycle or is delayed for a cycle or more. What is normal for you in terms of cycle length will not be the same for everyone.

Irregular cycles and delayed ovulation can be the result of illness, stress, travel schedule, or medications. It can also be indicative of hormonal imbalance or health issues. If you frequently experience irregular cycles, we recommend discussing with your healthcare provider.



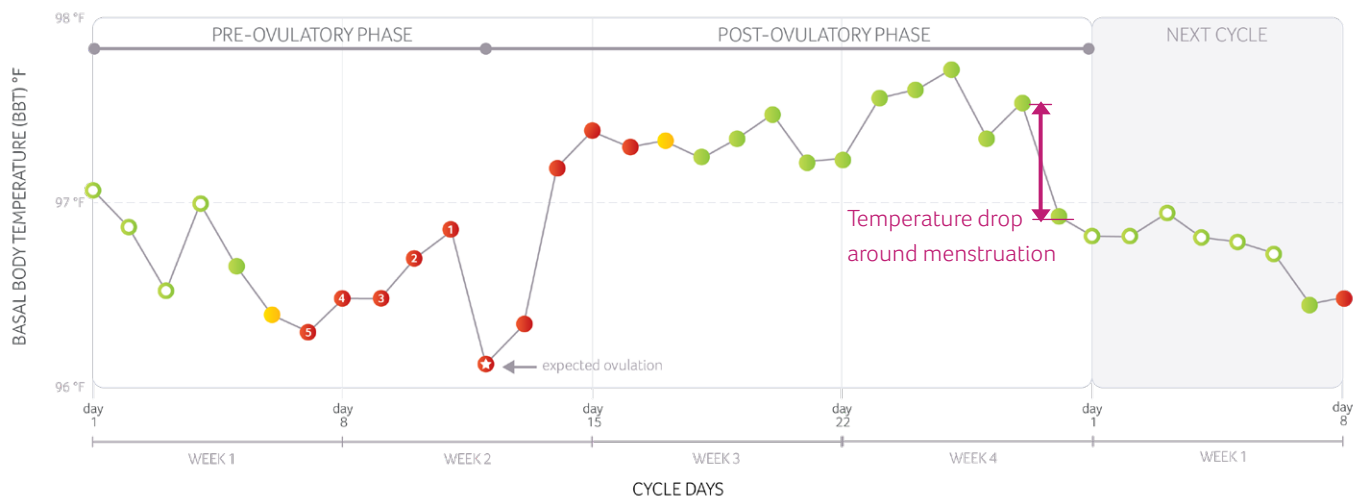
## DAYSY DETAILS

Daysy is recommended for those with cycles 19-40 days in length. Irregularity, unexpected by Daysy, will result in yellow lights. Yellow lights, after the learning phase, indicate cycle fluctuations. However, if a cycle of 35 days or 23 days is regular for you, then Daysy will not indicate this as irregularity. Daysy learns your unique cycle and calculates based on what is normal for you. Again, you can email your DaysyView data file to your healthcare provider from the app.



## How do I know when my period will come?

In your DaysyView chart you can observe a basal body temperature drop right before you get your period. Daysy is an accurate period tracker as Daysy will tell you when your period is due based on daily temperature data and the unique algorithm. Daysy will have a flashing violet light when predicting the arrival of your period.





# How can a thyroid problem impact my cycles?

Hypothyroidism means that your body is not sufficiently supplied with the thyroid hormones thyroxine (T4) and triiodothyronine (T3).

In the case of hypothyroidism, the basal temperature is usually lower than normal. This can be treated by your healthcare provider and, if you believe you have a thyroid issue, we recommend you seek expert opinion.

You can continue to use Daysy with hypothyroidism as long as your basal body temperature is not below 95°F. Temperatures below 95°F cannot be measured or evaluated. Untreated hypothyroidism may cause temperature fluctuations, which can lead to more red and yellow days.

If your hypothyroidism is treated (e.g. with thyroxine and possibly together with T3 drugs), your basal temperature is probably still slightly lower than average (between about 97.2 — 97.5 degrees Fahrenheit during the follicular phase), but this is not a problem for Daysy.



# What other common issues affect the cycle?

There are many factors that can affect the menstrual cycle, which is an essential feedback system and a vital sign. To name just a few that you may observe in your own experience using Daysy:

- Sleep — how much sleep you get and when you sleep — you need at least three consecutive hours of sleep immediately prior to using Daysy so you have reached your basal body temperature.
- Traveling through time zones and experiencing jet lag — this can cause lack of sleep, light sleep, and disturbed sleep.
- Stress — the stress hormone adrenaline robs the body of progesterone, which can change your cycle. The meaning of stress ranges from a demanding job to doing lots of high intensity exercise.
- Weight loss/gain — your weight is linked to how your body processes estrogen, and thus your cycle experience.

If you find yourself more stressed than usual, sleeping less, traveling more, or eating/exercising in a different way, you may observe this in your DaysyView chart and in the lights Daysy gives you.





# Appendix

## Sources

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### The Basics

What is my fertile window?

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Which hormones are involved in my cycle?

1. <https://www.ncbi.nlm.nih.gov/pubmed/5059762>
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How does sperm survive five days?

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What are the four stages of the menstrual cycle?

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When can I get pregnant?

1. <https://www.ncbi.nlm.nih.gov/pubmed/12923157>

### Ovulation

What are the reasons for a monophasic cycle?

1. <https://www.ncbi.nlm.nih.gov/pubmed/836520>

Click on the URLs to launch the works cited.

### Hormonal Health

What other common issues affect the cycle?

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5. <https://www.ncbi.nlm.nih.gov/pubmed/10360470>
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