📈 Cough Count

Monthly

Sep 2025

COUGH TOTAL

1,985
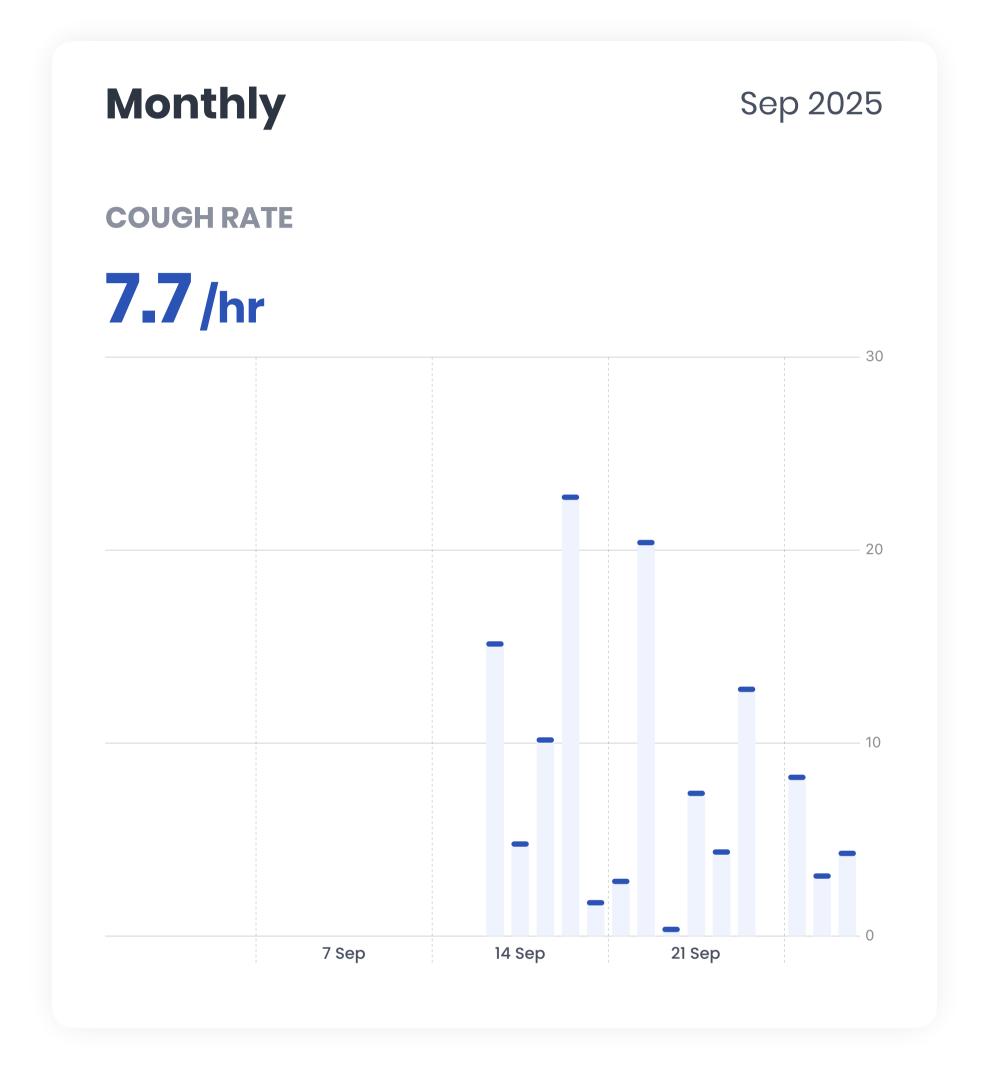

🔘 – no monitoring

ℹ️ **What is Cough Count**

Cough Count displays the total number of coughs detected during a day, week, month, and year. Each bar in the graphs shows the number of coughs detected during a given time period. Cough Count shows a red "empty symbol" for periods where monitoring was not activated.

📈 Cough Rate

Monthly

Sep 2025

COUGH RATE

7.7 /hr

	7 Sep	14 Sep	21 Sep

ℹ️ What is Cough Rate

Cough Rate displays coughs per hour for a given time period. It divides the number of coughs detected by the amount of time monitoring was active, which faciliates comparisons between different days, weeks, months, or years.
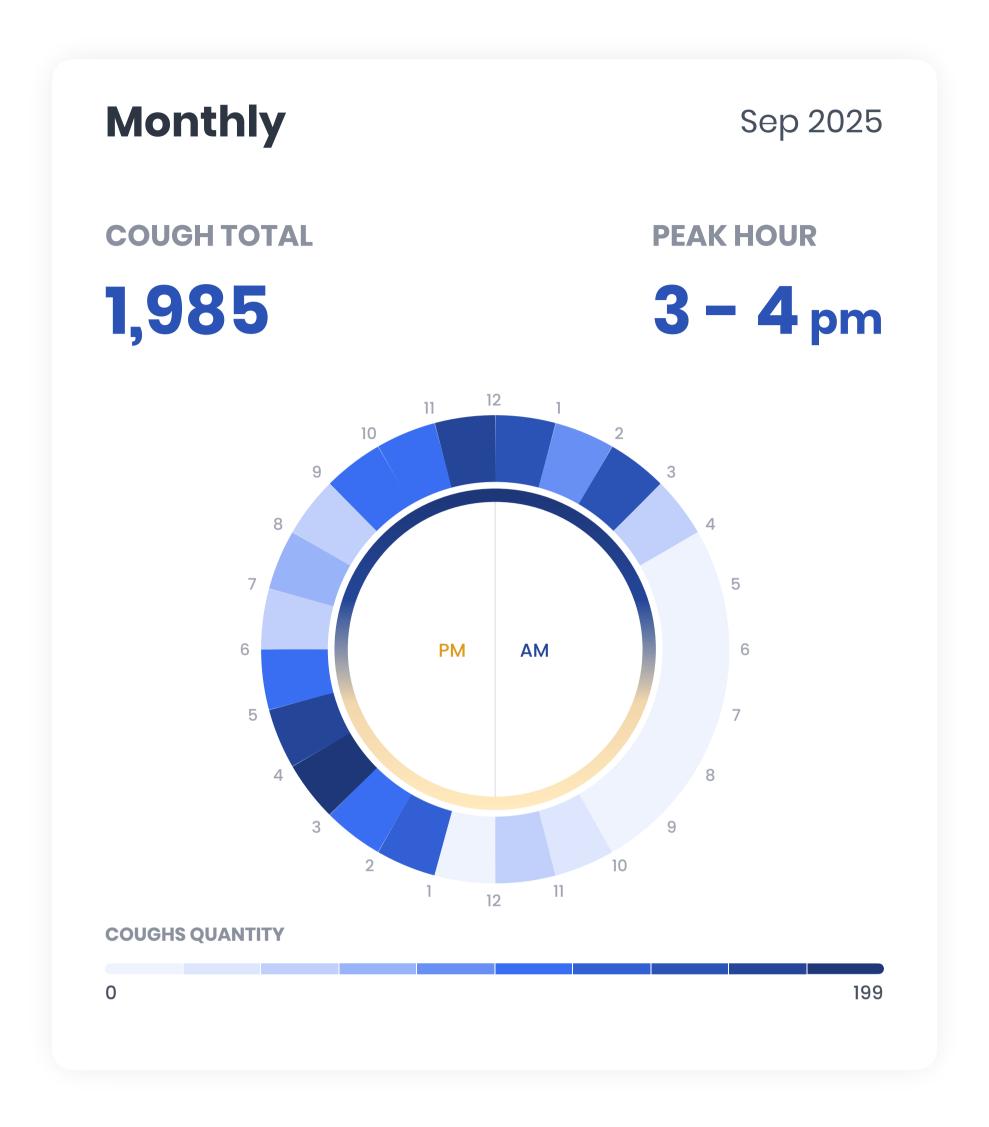
🕐 Cough Trend

Monthly
Sep 2025

10/hr

7.7

5/hr

0/hr

Jun 2025   Jul 2025   Aug 2025   Sep 2025

ℹ️ **What is Cough Trend**

Cough Trend shows whether your cough has changed relative to recent days, weeks, or months. To measure the daily change, CoughPro takes the hourly cough counts from the past 24 hours and compares them to the hourly cough counts from the preceding three days – the color and angle of the Cough Trend arrow are determined by the fluctuations among these counts. The reason that sometimes it might look like the Trend arrow doesn't "match" what the preceding bars look to be showing is that cough can be highly variable for some people. We use a statistical test that takes this variability into account to tell you whether your recent cough counts differ from what would be expected based on the cough counts from preceding days/weeks/months.

🕐 Cough Clock

Monthly

Sep 2025

COUGH TOTAL

1,985

PEAK HOUR

3 – 4 pm

COUGHS QUANTITY

0   199
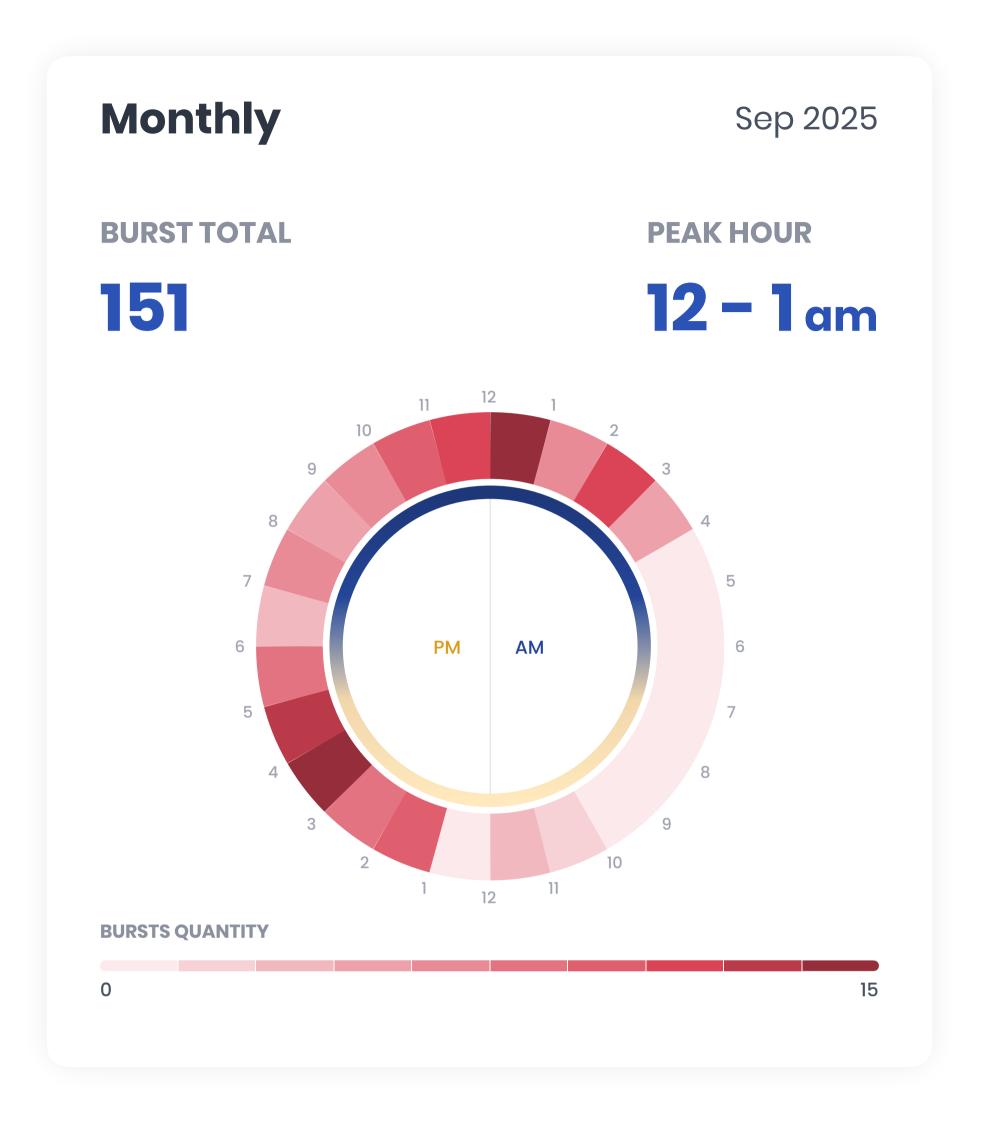

ℹ What is the Cough Clock?

The Cough Clock shows you how much you are coughing during the day, hour by hour.

It breaks the day into 24 one-hour segments, displaying how many times you've coughed each hour. It shows the hours that you've monitored as a color spectrum, from lightest to darkest, helping you spot patterns and understand your cough better.
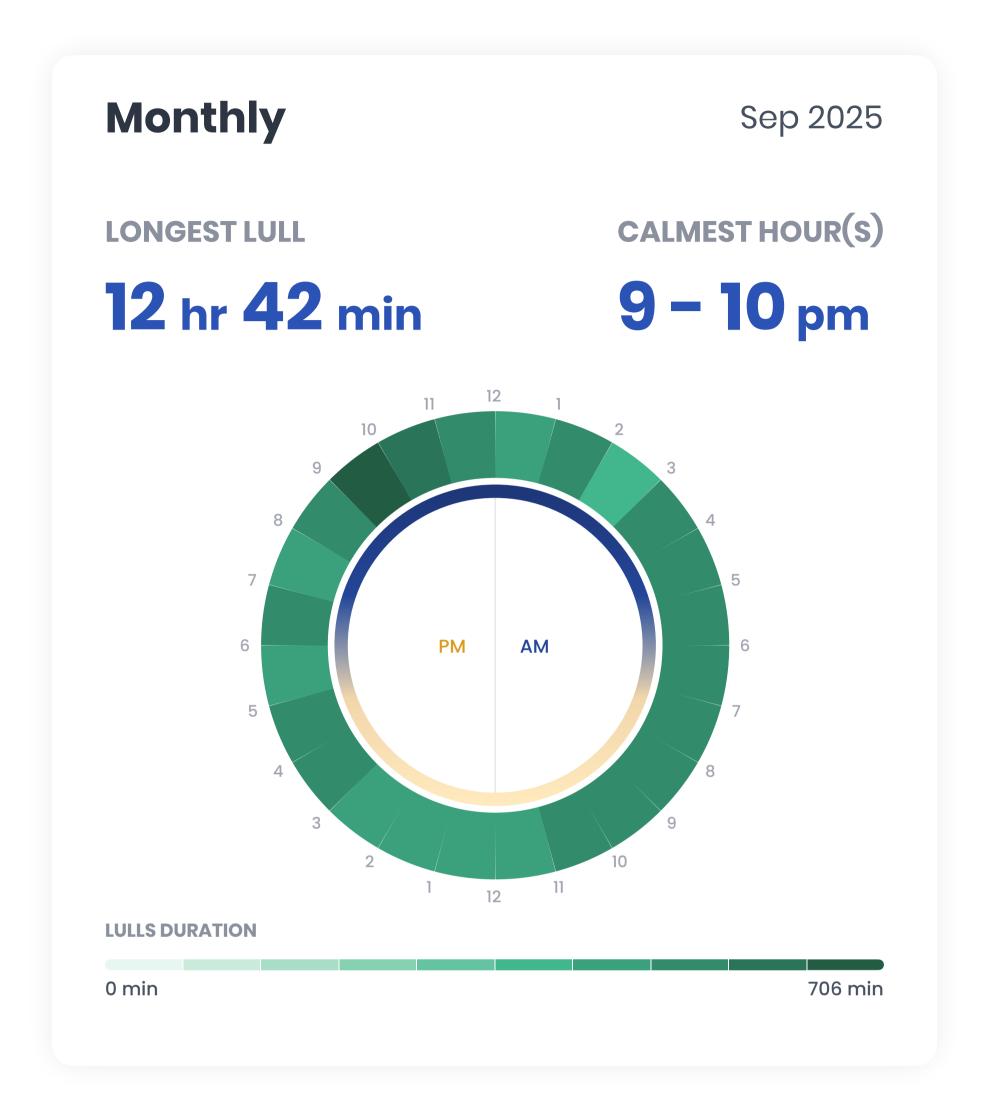
✺ Bursts

Monthly

Sep 2025

BURST TOTAL

151

PEAK HOUR

12 – 1 am

BURSTS QUANTITY

0   15

ℹ️ **What is a Burst?**

A Burst is any cluster of **4 or more coughs**, none of which is separated by 5 seconds or more.
Some coughers experience a low number of Bursts in a day and others endure dozens. Bursts, together with overall cough volume and rate, enable coughers to pinpoint when their cough is most troublesome.
The Burst clock shows total bursts in a given time period, the relative number of bursts in each hour of the day, and the peak hour during which the highest number of bursts were recorded.

≋ Lulls

Monthly   Sep 2025

LONGEST LULL   **CALMEST HOUR(S)**

12 hr 42 min   ## 9 – 10 pm

LULLS DURATION

0 min   706 min

ℹ️ **What is a Lull?**

Lulls is the name we are using to describe periods of 15 minutes or longer when zero coughs are detected by CoughPro. For a Lull to be recorded, CoughPro must be on. One Lull is the period from the last recorded cough to the subsequent cough. It can be as short as 15 minutes and there is no maximum length.

🗨 Notes

Sat, Sep 20, 2025

🕐 **8:15 AM – 8:20 AM**

COUGH TOTAL
2

COUGH RATE
24 /hr

Not me

Sun, Sep 21, 2025

🕐 **12:30 PM – 12:35 PM**

COUGH TOTAL
8

COUGH RATE
96 /hr

Smelled mildewed shirt

🚬 **Odors and fumes**

Thu, Sep 25, 2025

🕐 **11:40 AM – 12:40 PM**

COUGH TOTAL
35

COUGH RATE
35 /hr

Smelled my tshirts for mildew