

# MaternaMind Chat Transcript

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**You:**

Hello

**Assistant:**

Hello! How can I support you today? I notice your question is open-ended. Are you asking about postpartum mood tracking, general well-being, or something else?

If you'd like, I can share insights from the mood records in the documents, which show patterns like:

- Better mood (rating 7-8) with 5-6 hours of sleep and partner support [source p.1]
- Lower stress when baby wake-ups are fewer [source p.9]

Let me know how I can help!