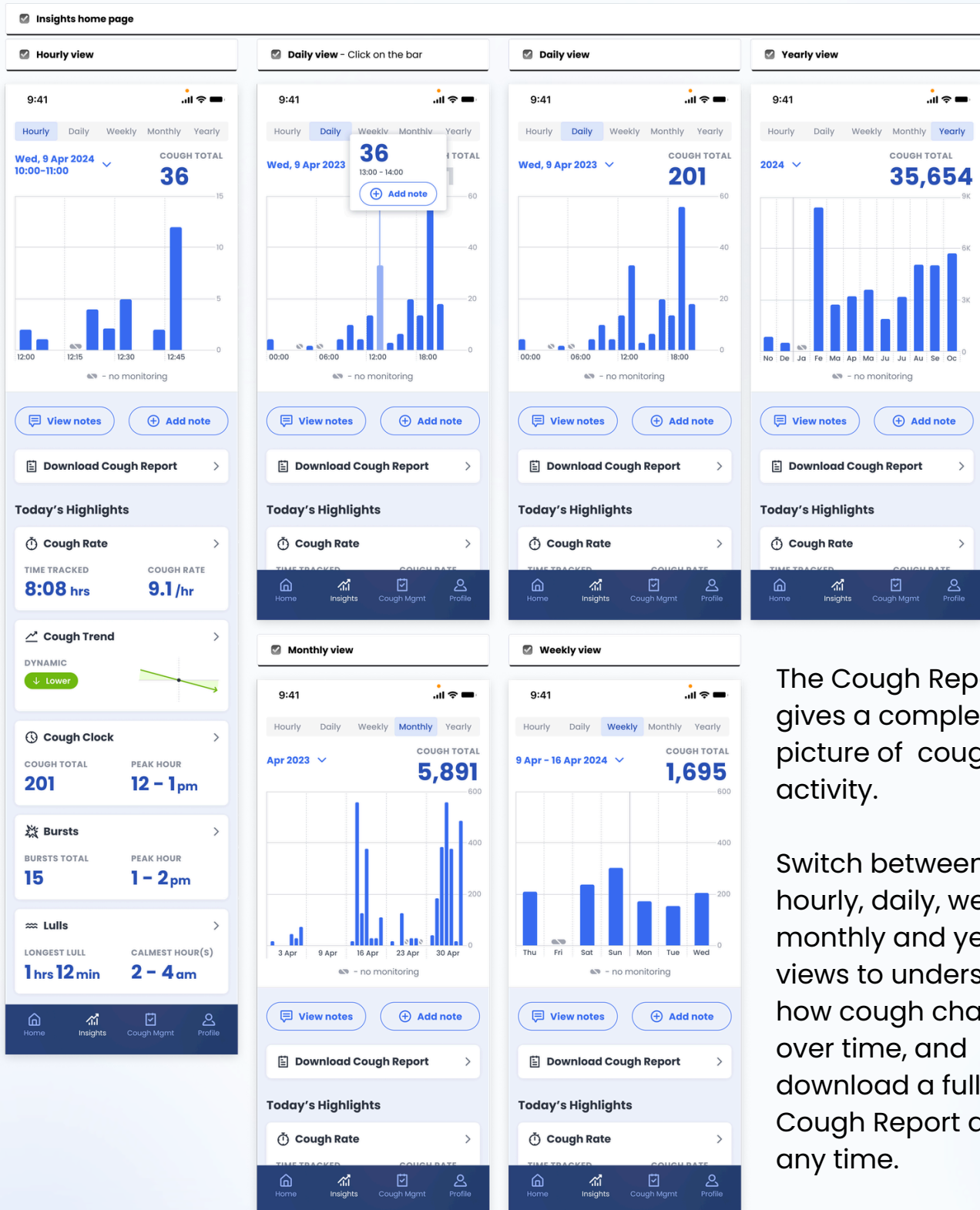


# Inside the Cough Report



The Cough Report gives a complete picture of cough activity.

Switch between hourly, daily, weekly, monthly and yearly views to understand how cough changes over time, and download a full Cough Report at any time.

# Track coughs per hour/week/month/year

Cough Rate

Daily view

Weekly view

Monthly view

Yearly view

What is Cough Rate?

**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 that monitoring was active, which enables comparisons across days, weeks, months, or years.

[Got it!](#)

# Is cough getting better or worse?

Cough Trend

Daily view

Weekly view

Monthly view

What is Cough Trend?

**What is Cough Trend?**

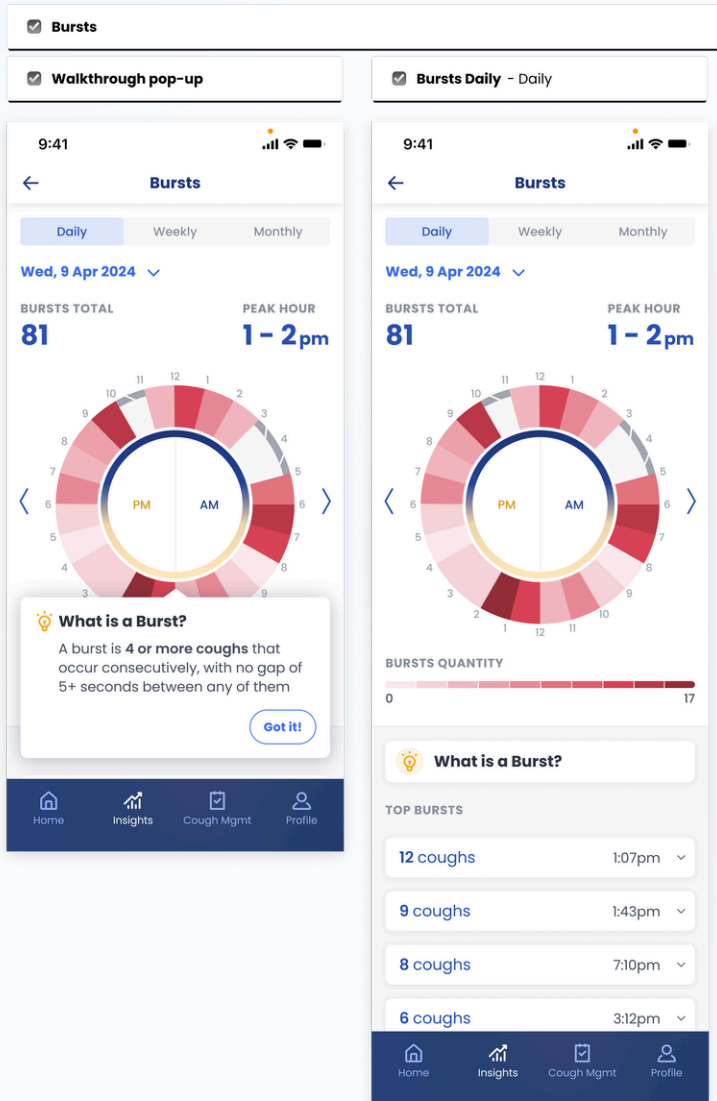
Cough Trend shows whether your cough has changed relative to recent days, weeks, or months.

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 change in rates over this period.

The reason that it might sometimes 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 show you whether your recent cough rate differs from what would be expected based on the cough rates from preceding days/weeks/months.

[Got it!](#)

# Clusters of intense coughing



Bursts capture the moments when coughing is at its worst. Together with overall cough volume and rate, Bursts help pinpoint exactly when coughing is most troublesome and track whether treatment is reducing those intense episodes.

## What is a burst?

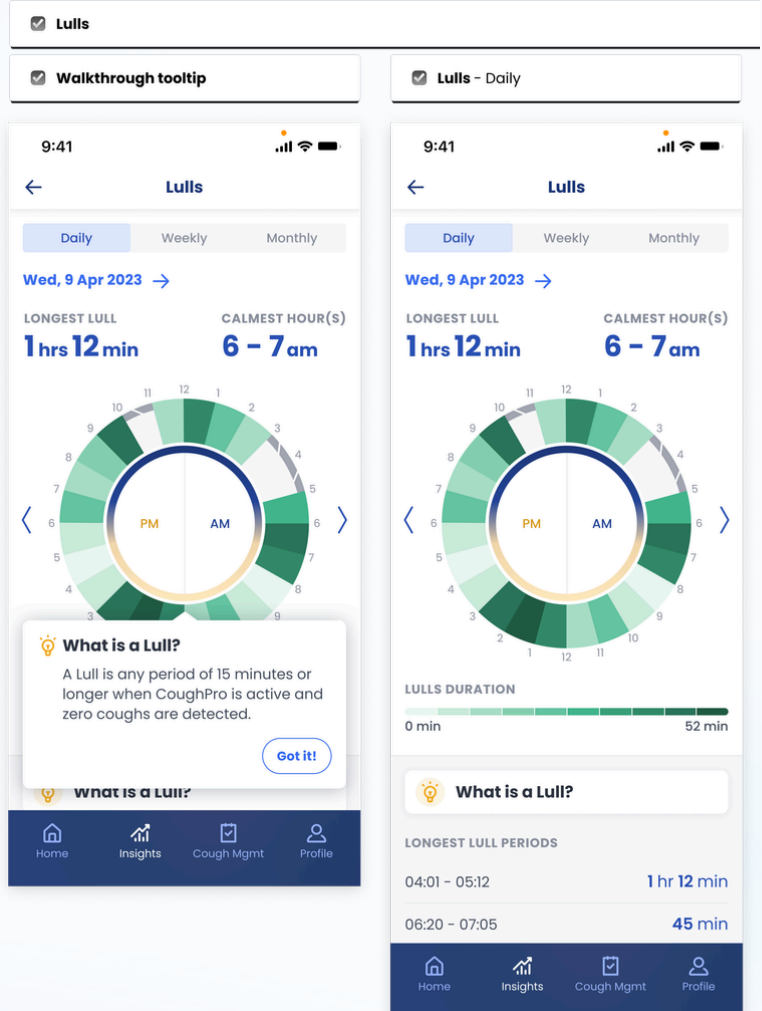
A Burst is any cluster of 4 or more coughs, none of which is separated by 5 seconds or more.

# Periods of cough-free relief

Lulls show you the stretches of time when your cough quiets down. This helps identify patterns and measure the impact of treatment on symptom relief.

## What is a lull?

A Lull is any period of 15 minutes or longer when zero coughs are detected by CoughPro.



# 24h of cough

Cough Clock

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Walkthrough tooltip

Cough Clock - Daily

What is a Cough Clock?


9:41

**Cough Clock**

Daily Weekly Monthly

Wed, 24 Apr 2023

COUGH TOTAL **201** PEAK HOUR **12 - 1pm**



**What is the Cough Clock?**  
Shows you how much you are coughing during the day, hour by hour.

Got it!

what is a Cough Clock?

Home Insights Cough Mgmt Profile


9:41

**Cough Clock**

Daily Weekly Monthly

Wed, 24 Apr 2025

COUGH TOTAL **201** PEAK HOUR **12 - 1pm**



COUGHS QUANTITY

0 17

**What is the Cough Clock?**

COUGH COUNT HISTORY

23 Apr 2023	228
22 Apr 2023	187
21 Apr 2023	278
20 Apr 2023	255

9:41

**What is the Cough Clock?**

**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 tracked as a color spectrum, from lightest to darkest, helping you spot patterns and understand your cough better.

Got it!

## Start tracking in under 2 minutes

SCAN TO DOWNLOAD

- 1 Search "CoughPro" in the App Store or Google Play
- 2 Download CoughPro and create a free account
- 3 Start tracking: coughs are automatically counted



✓ 100% free ✓ Privacy protecting ✓ Science-backed