

# 5 Tips for Using Your Period-Tracking App More Effectively

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Have better sex, reduce PMS and feel your best all month long!

## 1. Track Your PMS Symptoms In Detail

Did you know there are four different types of PMS, all of which require different treatment? Most apps give you the option to track a variety of symptoms, including ones you might not have



thought have anything to do with your hormones (like insomnia and migraines). By observing and recording all your pre-menstrual symptoms, you'll be able to pinpoint your exact form of PMS - which means you'll be able you to treat it more

effectively. Lara Briden's [Period Repair Manual](#) is a great place to start for information on how to understand the root cause of your particular symptoms.

## 2. Track Habit & Lifestyle Changes

When you implement a new lifestyle change like altering your diet, exercise or supplement regime, you don't always get immediate confirmation it's working. Change is generally slow and we can get discouraged when we don't see evidence of improvement. Tracking the changes you're making and all the symptoms that might be affected (menstrual cycle health, mood, energy) is a great way to know what is working. You might also enjoy Gretchen Rubin's book [Better than Before](#) for ideas on habit implementation.

## 3. Track Your Libido

Many apps enable you to track libido. It is totally normal for sexual desire to wax and wane throughout your cycle. Fortunately, by tracking those changes you can learn to anticipate the highs and lows and communicate





them to your partner. This can [reduce friction in a relationship](#) - you'll realize that neither highs or lows last forever, and learn to appreciate that neither should be taken personally. To help better predict your libido, you'll want to chart your temperature and/or your mucus on your app so you can accurately identify ovulation. Consider checking out the great books [The Sex Myth](#) or [Come As You Are](#) if you are concerned about the quantity and quality of sex you are having.

## 4. Chart Your Times Of Peak Sociability And Productivity



Many apps allow you to track feelings of sociability, and if they don't, there may be a Notes section where you can add this kind of information in. Typically speaking, people who have natural cycles (that is, unmodified by hormonal contraception) experience feelings of sociability around the time of ovulation and a desire to retreat, nest and be productive during their premenstrual phase.

Most experience a desire to rest as much as possible during

menstruation. While there are many things on your schedule that you don't have control over, try to consider your menstrual cycle when planning parties, anticipating work deadlines, or buying tickets to an event. This will enable you to minimize the number of times that your body and your calendar are in conflict, which will lead to a happier you throughout the month.

## 5. Chart Key Indicators Of Health

Fertility Awareness Method (FAM) apps enable you to track key markers of health, such as Basal Body Temperature (BBT), mucus production and cervical position. Each of these factors can provide you with life-saving information about your overall well-being. For example, cervical checks can help with early identification of cervical dysplasia (a precursor to cervical cancer) and mucus checks can alert you to hormonal imbalances such as estrogen dominance (one of the risk factors for breast cancer). Lastly, BBT can provide you with an early warning sign of thyroid disease as well as anemia. In order to chart these types of menstrual parameters we recommend you use an app specifically designed for FAM, such as Justisse, Kindara or Groove.

## Interested in learning more?

As you can see, apps can offer all kinds of insights! If you'd like more support learning to "read" your body for optimal health we have [programs](#) designed to do just that - whether it's charting for birth control, conception or hormonal health. We also have lots of menstrual health resources on our website, including [blog posts](#) and [videos](#). If you have any other questions for us, please email [thesisters@redtentsisters.com](mailto:thesisters@redtentsisters.com)!

Love,

Kim & Amy