

The paths we found together in the Welltory Energy Lab

May–August 2026. What these three months changed for you — and how we found it, together.

May–August 2026

12 min read

Community data · not medical advice

Three months, May–August 2026, and both sides carried real weight. You brought your data and the context around it; we brought everything we know, all of it aimed at one thing: better days for you.

IF YOU'VE ONLY GOT ENERGY FOR ONE PAGE

What you got out of these three months



In your body

- **Crashes down by about half:** 1.1 → 0.4 a week, same people, start to end.
- **Longer nights:** 6.0 → 6.9 hours across the group, and it held.
- **Your reserve held** through a hot, draining summer, when this illness usually chips away at it quietly.
- **A lot of you found out** what trends run ahead of your crashes. Now we know there are seven different families of possible triggers across the group.



In what you understand

- **You know more** about the real mechanisms of how your own body works now. Your symptoms have a name and a cause. It was never in your head, and our medical advisers helped show why.
- **You learned** hard-won lifehacks from each other that actually work.
- You **can better read your own numbers** and take them to your doctor as something that carries weight.



In how you're steering

- You got **support and validation** that held the whole time. You went through a lot together and were always there for each other, both in the hard moments and in celebrating the wins (the small-wins thread grew nearly tenfold).
- You're **choosing yourself** more often, and holding your boundaries. Mentions of handling something on your own terms nearly doubled per person, from 0.45 to 0.80. More "I did it," "I managed," "I learned," "now I," "proud."

Where we go from here

- We will continue our work on **building individualized algorithms**: ones that help each of you stay inside your own energy envelope and give your body the time it actually needs to recover.
- There will be **more Lab Rounds**, open to everyone.
- **Tag Bank** keeps developing. It is going to be a feature that turns your stress and recovery episodes into a personal picture of what actually affects you.
- **New materials** on the way. And that's far from all.

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MAY 2026 · WHERE THIS STARTED

Three months ago, none of us knew if this would work

Most of you were already doing this alone: reading the studies, tracking your own numbers, hunting for the pattern behind your own crashes. Doctors didn't always have answers. Some of you were pulling your own data and trying to see the shape of it. But some things just don't surface on your own. And then you joined the Welltory Energy Lab.

Picture it as a journey, where you want to find **your path through the foggy country**. For years, you had to walk through a heavy fog alone, but now you have a team walking beside you. We don't have a map, but we can build this path side by side:



You lay the stones.

Your daily data, tags, and observations are the foundation. You feel for the ground underfoot.



We hold the flashlight.

We bring the science to illuminate your steps, interpret the data, and name what's happening in your body.



A shared camp.

Together, in our shared camp, your lived reality meets our expertise in a warm, collaborative space.

Back in May we couldn't promise we'd find anything. Wearables were built for training loads and step counts, never for a body that pays for a good Tuesday on Thursday. But over these three months, your isolated stones connected to form a solid trail. It's a web of paths none of you could have built alone, and one we absolutely couldn't have built without you.

But let's remember where this started. There are 64 of you now, most since May. What you walked in with:

85%

screened positive for post-exertional malaise: the cost of an effort
lands 1–3 days later

78%

had been ill for 3 years or more

89%

named sleep as one of the things that had gone wrong

29%

arrived with no diagnosis at all

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THE RESULTS

What these three months have changed for you

$\approx \frac{1}{2}$

fewer crashes a week (1.1 $\rightarrow$ 0.4)

6.0 $\rightarrow$ 6.9

hours of sleep a night, across the group

held

reserve steady through a hard summer

Crashes: down by about half

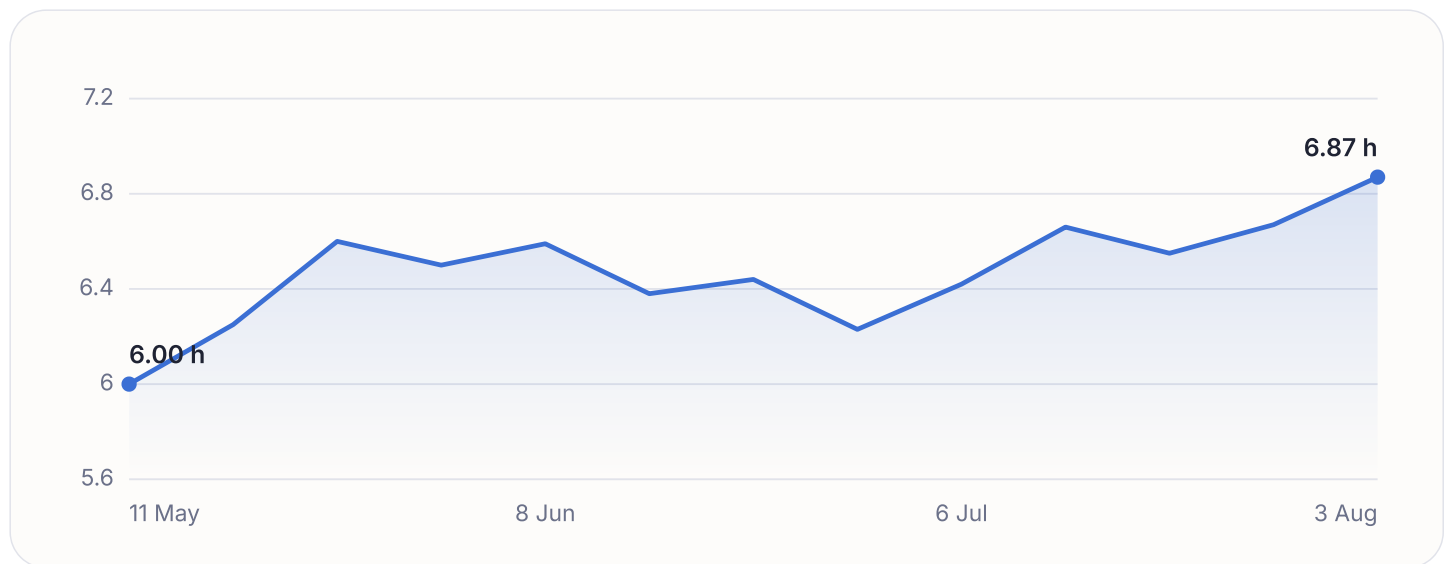


For the 47 of you with marks logged at both ends, the rate went from **1.12 a week to 0.40** ($p=0.005$). Look at everyone logging crashes, opening week against the closing three, and it's 1.08 down to somewhere between 0.37 and 0.59, depending on the week. The drop sits mostly in the people who'd been crashing the most to start with.

Two readings fit that number. Maybe you crashed less. Or the count didn't really move, and what you used to log as a crash now passes as a rough day. Either way, something changed, probably in how you pace: easing off earlier, spreading the same load over more days, resting before the push instead of after it. Three months isn't enough data to say exactly why yet.

Source: your own diary marks, checked against device data and how often people were logging at all.

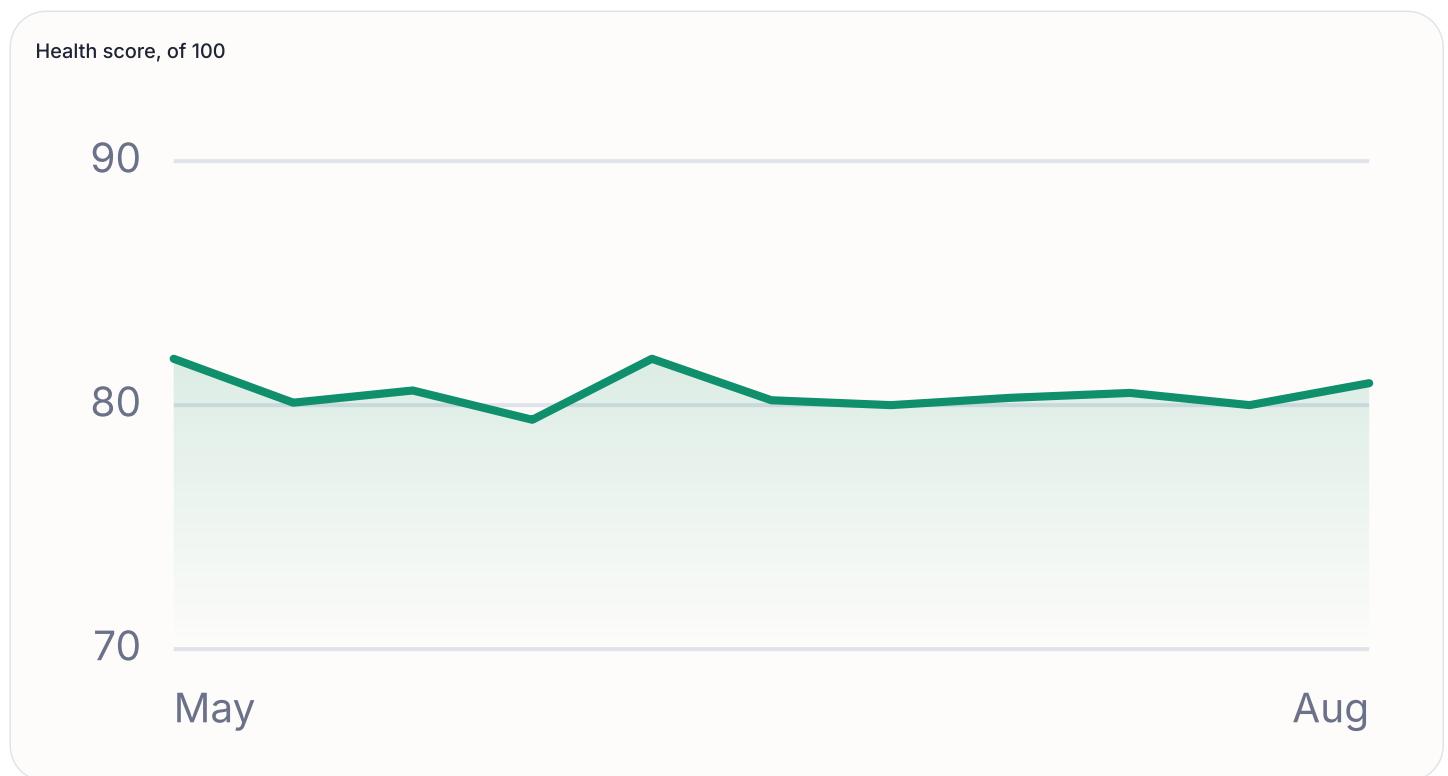
Nights ran longer



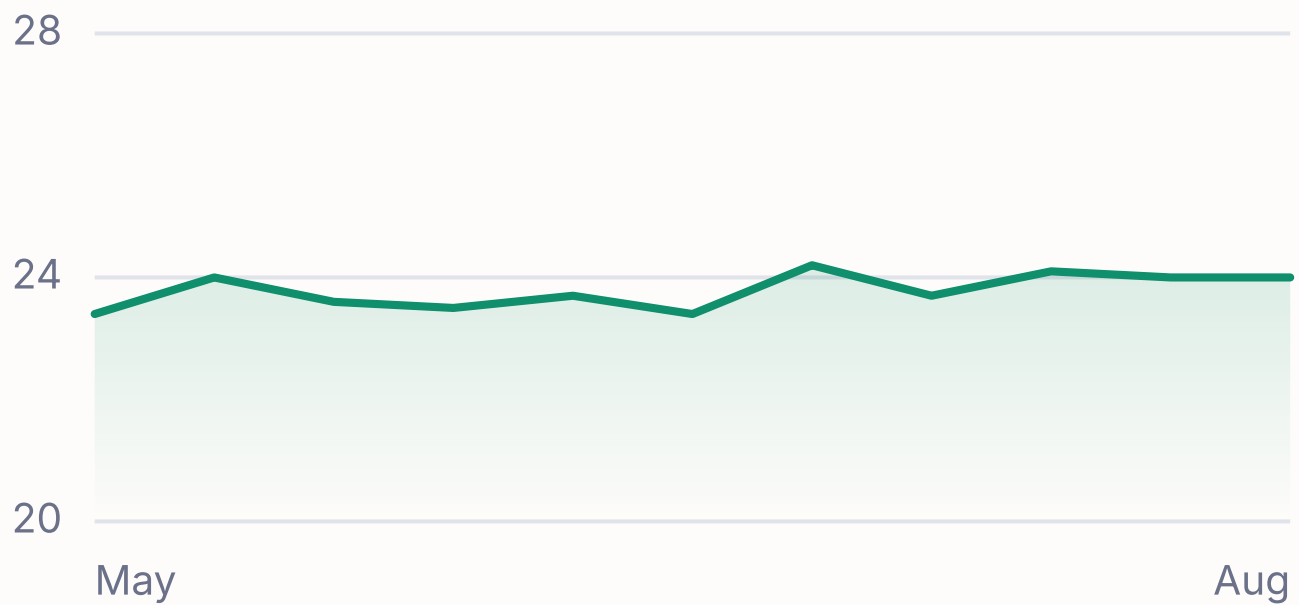
The group went from **6.0 hours a night to 6.9**. For the same women, from start to end, it's steadier: about a quarter-hour more a night, held across 13 weeks. And it lands exactly where it hurt: 89% of you came in with sleep on the list.

Source: wearables, sleep duration.

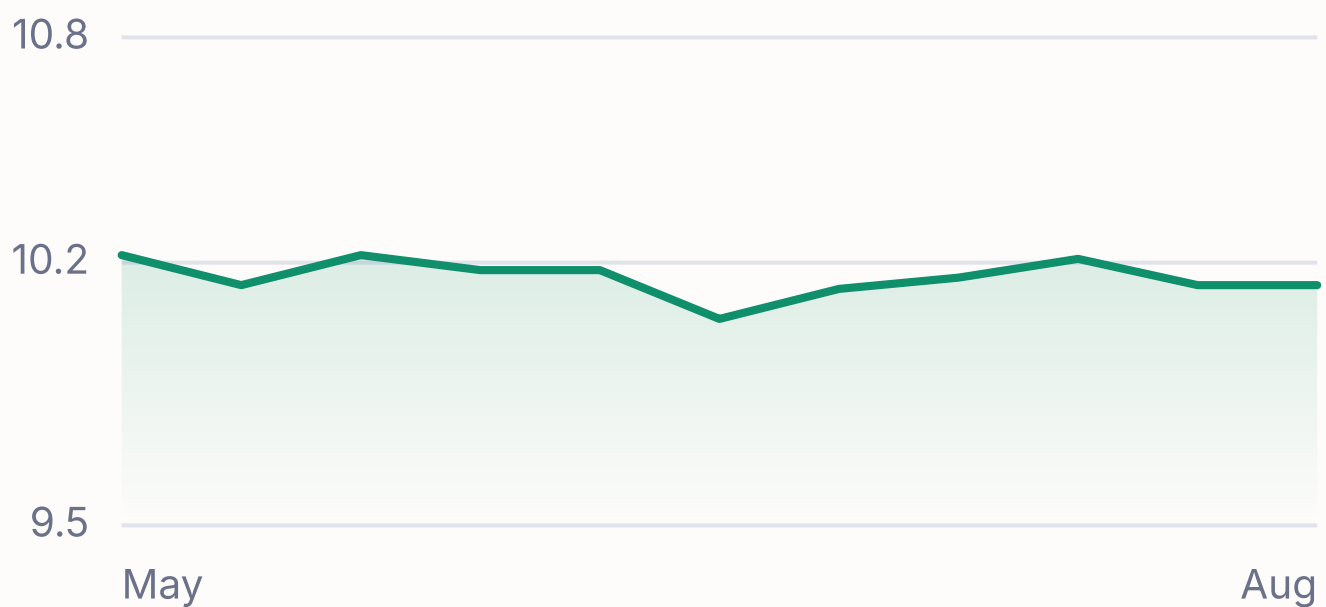
Your reserve held, even through a hard summer



Heart-rate variability, ms



Aerobic ceiling, METs



The three numbers that usually drift down in this illness (Health score, HRV, and aerobic ceiling) didn't. Through a hot summer that burned energy faster than usual, all three stayed flat. That can read like "nothing happened," but it isn't. In an illness where flat usually means still sliding, just slowly, flat here means something actually held.

Source: wearables.



WHAT WE LEARNED ABOUT CRASHES

Surprising findings that give hope

171 crashes got tagged this round. **76** of them had a clean enough stretch of ordinary days in front to measure against. Those are the ones the numbers above rest on.

Almost every analysis turned up something in a member's own notes before the dip, days before any wearable caught it.

Words mattered more than we expected. The single most useful signal in the whole round didn't come from a device. It came from the handful of words you typed on a bad day. Gardening, sun, a fever, an argument, an afternoon with the grandchildren. A sensor tracks heart rate and steps; it has no way of knowing your afternoon went into a hard conversation.

We went in looking for one "path": the thing that runs ahead of a crash, for everyone. What came back, we didn't expect: your crashes do not all work the same way. We found 7 different "paths": **families of possible triggers**.

THE 23 OF YOU IN LAB ROUND 1, BY LEADING TRIGGER FAMILY



If you were in Lab Round 1, you already have your report: a read of what tends to move before your crashes. A lead to watch, not a prediction.

And here's the part that matters for everyone else: **Lab Round is not a one-time thing**. If you didn't get a report, it's not that you missed out. It's that we didn't have enough of your data yet to see a real pattern (**we need at least 7 crashes to trust one**). Any member can join now, whether you were in the first round or not. Here's what taking part looks like, so you can weigh the energy:

01 Tag every crash, whenever you can. If you want to log something after it happened, use [this form](#).

02 Wear your watch as much of the day as you can, ideally around 23 hours, so we see your full day. Charge it while you shower.

03 Turn on Workout mode for a few hours during your normal active window.

When there's enough to go on, you get your own report.

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COMMUNITY & AGENCY

You're steering your own condition, and not alone

190

times you told each other you're understood, not the only one

85%

of everything posted got a reaction or a reply

2 → 19%

the small-wins channel, share of all messages

0.45 → 0.80

mentions of handling things on your own terms, per person

Around **190 times**, in so many words, you told each other you're understood here, that you're not the only one. **85%** of everything posted got a reaction or a reply, week after week, including the hardest days.

The group carried the ones going through something brutal (some of you lost your loved ones this summer) and celebrated the wins, really feeling them. Sharing wins became a **fifth of the whole conversation**: the small-wins channel went from about 2% of messages at the start to about **19%** by the end, and 31 different women posted at least one. Just look at some of your amazing wins:

✧ Made art again for the first time in months, small paper-tile drawings instead of big canvases.

✧ Broke an arm, and still got through the day helping manage foster puppies.

✧ Took a first "cool" shower in 8 days, plus drove herself to dinner with friends.

✧ Finally sorted and put away all the socks that had piled up since Christmas ("good to have choices again!").

✧ Got back to work.

✧ Got the best night's sleep she can remember.

And how you talk about yourselves changed. Early on, most of what got shared was about getting through a day. By the end of the three months, mentions of handling something on your own terms nearly doubled per person, **from 0.45 to 0.80**. More "I did it," "I managed," "I learned," "now I," "proud." The room moved from "learning to hit the brakes" to "I did it, here's my win."

Two things stand out in those wins.

You're hearing your body and holding your lines, choosing yourself over the old "I should" and "I'll push through":

👉

I actually told everyone I needed a break and spent two hours by myself, resting and taking a nap.

👉

I listened to my body and stayed home to recover. Win for listening when my mind REALLY wanted to go.

👉

I know I'm much more self-aware than I was before... I hope this gives me a better chance of recognizing when I need to slow down and respecting my limits.

👉

For the first time, I was able to link a crash directly to the energy and stress from my job.

And you traded lifehacks generously:

prism glasses

electrolytes

a robotic pill dispenser

prescription swim goggles for the shower

a heated neck pillow for the dentist

...and a pile more

Every one of these is an act of agency that is growing from month to month.

Data: your words in the Discord channels.

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You learned how your body actually works

10 of the 16 materials published this round started as a question someone asked in the Lab; the rest we made because we could see the gap coming before anyone had to ask. Your questions cover almost the whole arc of living with an energy-limiting condition: the mechanisms behind it (MCAS, autonomic dysregulation, the cell danger response), the daily calls it forces (setting heart-rate thresholds, reading your Health score without panicking, telling PEM apart from ordinary fatigue or deconditioning), and how to trust your data in the app, especially when numbers disagree with how you feel or your metrics improve in the middle of a crash.

Your questions pushed us, too. In August, one of you asked how to tell ordinary loss of fitness from a body that reacts abnormally to effort, when both the symptoms and your capacity keep moving. It's one of the hardest questions in this whole field: the exact call a doctor makes when deciding whether to prescribe exercise. We answered in 4 days.

And some of you took your data further and brought a doctor's report to your own physicians. When they saw actual numbers instead of "I've been really tired," the conversation changed. You walked in with something that carried weight.

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BEHIND THE SCENES

How it all became possible: not magic, teamwork

None of it happens on one side alone.

What you brought

You wore your watch around the clock and logged what we can't see: your life, what's actually happening to you, crashes on days you'd rather forget. You typed a few words on the bad ones. You showed up for each other.

What we brought

Raw numbers don't mean much on their own, so we read them back to you in language that does, and ran the analysis behind every report. Keeping the space going takes two moderators in the chat around the clock (Irina and Mary, right by your side), channels split by what people actually need to talk about, and a weekly recap for the days brain fog won't let you read anything at all.

And it's not just doctors. There's a scientist doing the analysis, and a product team that takes your feedback and builds from it.



Tag Bank in testing

Came straight out of your feedback: you asked to fix how tags work, and it's now in active testing. Over time the patterns will show: what reliably stresses you out, what reliably helps you recover, and what's worth a closer look.



Pacing Mode live

Already on for every one of you, nothing to switch on: the first piece of gear built because your bodies don't register "intensity" the way the default algorithms assumed.

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NEXT ROUND

What's next

There will be a lot going on in the Lab next month. This round gave us the direction. We now know what describes a crash after it's already landed. Catching one before it lands is next.

So there will be new Lab Rounds, and more answers to your questions. The orthostatic test we want to walk you through. A new check-in survey (now you know why it's important to take part). The changes we keep shipping into the app. It's busy.

We feel that our steps start lining up into paths: paths none of you could have found alone, and we couldn't have drawn without you.

Stay, keep tracking and tagging. Lay stones the next woman steps on, and let's lay a real trail through the fog together.

Welltory Energy Lab · three-month recap · May–August 2026. General information drawn from community data. It does not replace medical advice, diagnose anything, or predict what will happen.