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# Balanced Feminine Path

Practical digital support for perimenopause

## Perimenopause Brain Fog and Sleep Guide

A practical workbook for night waking, mental fog, fatigue, and symptom patterns

When sleep breaks down, the next day often turns into brain fog, irritability, and low energy.

This guide helps you track what is happening at night and what shows up the next day so you can stop guessing.

*This workbook supports education and personal reflection. It is not medical advice. Talk with your doctor or another qualified healthcare professional about symptoms, treatment, supplements, or medication.*

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## What to log at night

- Time you got into bed
- How long it took to fall asleep
- Night waking times
- Hot flashes, night sweats, or feeling too warm
- Alcohol, caffeine, sugar, or late meals
- Stress level before bed

## What to log the next day

- Brain fog or word-finding issues
- Focus and working memory
- Mood and patience
- Headaches or body heaviness
- Energy dips and crash times
- What helped you function anyway

## 7-night sleep reset

- Night 1: note your normal pattern without changing anything
- Night 2: cool the room and lower light earlier
- Night 3: stop caffeine earlier in the day
- Night 4: eat dinner earlier and lighter if possible
- Night 5: try a longer wind-down before bed
- Night 6: keep your wake time steady
- Night 7: review which change helped most

## Questions to ask when brain fog spikes

- Did I sleep badly or wake repeatedly?
- Did I eat in a way that led to a crash?
- Did stress overload my working memory?

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- Did heat, bleeding, or pain make the night worse?
  - What support would make tomorrow easier?

## **Provider notes**

Bring a one-week summary with: average sleep hours, number of night wakings, top symptoms, and the hardest impact on work, mood, or memory.

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