

Sleep, Brain Fog, and Hot Flash Relief Kit

Price: \$29

Sort out rough nights, daytime fog, and sudden symptom spikes with one practical support kit.

What is inside

- 7-night sleep reset planner
- Brain fog pattern log
- Hot flash severity and trigger tracker
- Bedroom and evening routine audit
- Cooling and comfort checklist
- Provider conversation prompts

How to use it

- Track what happens before bed, during the night, and the next morning.
- Use the brain fog log when focus drops or words feel hard to find.
- Write down what helps so you stop starting over every week.
- Bring the provider prompts into your next appointment if needed.

What this helps you do

- Notice sleep patterns faster
- Identify likely symptom triggers
- Build a stronger bedtime rhythm
- Prepare for better symptom conversations

Prepared for Balanced Feminine Path. This preview outlines the digital product content and structure shown on the website sales page.