

SYMPTOM SUMMARY

Sample report · Age 45–49 · Generated Oct 18, 2026
Based on: symptom questionnaire (Sep 28, 2026) · symptom history · 16 daily entries, Sep 29 – Oct 17

First changes Feb 2025. Main problem: sleep disruption. Symptom burden 33/64 (marked). Cycle: early menopausal transition.		
CYCLE STAGE	Early menopausal transition (STRAW+10: -2) Cycle length changed by 7+ days more than once in the last 12 months	
TIMELINE	First noticed a change	Feb 2025 (about 20 months ago)
	Night waking	from Apr 2025
	Unrefreshing sleep	from Jun 2025
	Irritability	from Nov 2025
BURDEN	33 / 64 (marked) · questionnaire, 4 weeks to Sep 28, 2026	
DOMAINS	Sleep	83
	Mood	56
	Physical	44
	Vasomotor	38
	Cognitive	33
	Questionnaire, 0–100 per domain	
SYMPTOMS (questionnaire)	Night waking	severe (4)
	Unrefreshing sleep	severe (4)
	Difficulty falling asleep	moderate (2)
	Irritability	marked (3)
	+ 7 more rated moderate or higher	
DAILY LOG	16 entries over 19 days (Sep 29 – Oct 17)	
MOST FREQUENT (moderate+)	Unrefreshing sleep	16 of 16 days
	Night waking	15 of 16 days
	Joint or muscle aches	11 of 16 days
	Severe days (any symptom at 4): 4 of 16	
SLEEP DETAIL	Falls asleep in 30–60 min · wakes 2–3 times a night · awake 15–30 min each time · 5–6 h total · night sweats cause waking 1–2 nights a week · daytime impact: a lot	
WORTH ASKING ABOUT	Thyroid function (TSH) – 4 of 6 features: feeling cold when others aren't, hair thinning, new constipation, thyroid condition in the family Also screened, below threshold: sleep apnea (1 of 7)	
HISTORY	Raised before: yes – told it was stress or anxiety Tried: magnesium, sleep medication	
CHANGE	First 7 vs last 7 entries: Sleep 79 → 61 · other domains: no clear change	
PATTERN	Night waking after evenings tagged alcohol: avg 3.4 vs 2.1 (0–4), 5 vs 9 nights. Association only.	
QUESTIONS TO ASK	1. I was told these symptoms were stress or anxiety. Given when they started and how they cluster, could perimenopause be part of this? 2. Broken sleep is my main problem. Could night sweats or hormones be driving it, and is CBT for insomnia an option? 3. Am I a candidate for hormone therapy? What would the benefits and risks look like for me specifically?	