
HEYSHANTAQ

FREE GUIDE 02 · PERIMENOPAUSE

THE MIDLIFE RESET

21 Expert Tips to Sleep Better, Think Clearer, and Feel Like You Again

A practical, encouraging guide for women navigating perimenopause symptoms such as sleep disruption, brain fog, mood changes, libido shifts, and energy crashes.

Real conversations. Real decisions. Real shifts. Bring the receipts.

THE MIDLIFE RESET

21 Expert Tips to Sleep Better, Think Clearer, and Feel Like You Again

Hey Shanta Q Free Guide 02

Theme: Humor. Healing. High Impact.

Real-talk medical note: This guide is educational and is not a diagnosis, treatment plan, or substitute for medical care. If you have symptoms that feel severe, sudden, unusual, or frightening, seek urgent care. If you think you may be having a heart attack or stroke, call 911 immediately.

Why this guide exists

Perimenopause can affect more than your period. It can touch your sleep, mood, memory, sex life, energy, bladder, body composition, and confidence. The problem is that many women are told to “just manage stress,” when what they need is a clear reset plan, practical support, and a clinician who takes the full picture seriously.

The Office on Women’s Health describes menopause-related symptoms that include hot flashes, sleep problems, vaginal and urinary symptoms, memory or focus concerns, mood changes, and sexual discomfort, with treatment and self-care options available for many of them.[1] ACOG’s patient story on perimenopause also underscores how symptoms such as memory loss, depression, vaginal dryness, painful sex, and long-lasting changes can affect work, relationships, and identity.[2]

Hey Shanta Q truth: You do not need a perfect life to start feeling better. You need a practical plan and permission to choose yourself.

The 21 expert-informed reset tips

Reset area	Tip	Why it helps
Sleep	Keep your room cool, dark, and boring.	Hot flashes and night sweats can disrupt sleep; cooling and sleep hygiene can reduce friction.
Sleep	Stop negotiating with caffeine after noon.	Caffeine can worsen sleep and may trigger hot flashes for some women.
Sleep	If you wake up sweating, track what happened the evening before.	Alcohol, stress, spicy foods, late meals, or room temperature may reveal patterns.
Brain fog	Create one “capture system” for everything.	Notes, reminders, and calendars reduce the mental load when memory feels unreliable.
Brain fog	Protect deep-work time.	Brain fog worsens when every hour is interrupted by demands and notifications.
Mood	Name the shift before it names you.	“I feel hormonally activated and underslept” is different from “I am losing it.”
Mood	Ask whether mood symptoms cluster before bleeding or after poor sleep.	Patterns help your clinician distinguish hormone-related changes from other causes.
Energy	Check the basics without blaming yourself.	Fatigue may relate to sleep, anemia, thyroid, depression, diabetes, medication, or heart health.
Body	Strength train if medically safe.	Muscle supports metabolism, function, insulin sensitivity, and confidence in midlife.
Body	Increase protein and fiber gradually.	These support satiety, muscle maintenance, and heart-metabolic health.
Hot flashes	Dress in layers and keep cooling tools nearby.	Practical preparation reduces embarrassment and disruption.
Hot flashes	Ask about hormone and nonhormone options if symptoms disrupt life.	Treatments exist; suffering is not the admission price for womanhood.
Sexual health	Use the words “vaginal dryness” and “painful sex” directly.	These symptoms are treatable and should not be dismissed.
Sexual health	Ask about lubricants, moisturizers, pelvic floor therapy, and local estrogen if appropriate.	Multiple options may help comfort and intimacy.
Urinary health	Do not normalize leaking or urgency.	Urinary symptoms are common but can often be treated.
Relationships	Tell people what is happening without apologizing for needing support.	Clear communication reduces shame and confusion.
Work	Document how symptoms affect function.	Specific impact helps guide evaluation and accommodations when needed.

Reset area	Tip	Why it helps
Doctor care	Bring your top three symptoms, not all 37 at once.	Prioritizing helps the visit become actionable.
Doctor care	Ask: "What are my options if this is perimenopause?"	This opens the door to individualized care.
Advocacy	If the answer is "that is normal," ask, "What can we do about it?"	Normalization should not end the conversation.
Identity	Stop calling yourself "crazy" when your body is changing.	Language shapes whether you seek care or suffer quietly.

Your midlife reset map

A strong reset is not about doing everything at once. It is about identifying the **one symptom that is stealing the most from your life** and building a plan around that first.

Step	Your answer
The symptom stealing the most from me right now is...	
It affects my life by...	
It happens most often when...	
I have already tried...	
I want to ask my clinician about...	
One support person I can tell is...	

When to ask for more help

Ask for medical support when symptoms disrupt sleep, work, relationships, sex, safety, or emotional stability. You should also seek evaluation when symptoms are new, severe, worsening, or do not fit your usual pattern. Perimenopause can explain many changes, but it should not become a lazy label that prevents proper evaluation.

If this is happening...	Ask about...
Exhaustion even after rest	Anemia, thyroid, sleep apnea, depression, diabetes, medication side effects, heart health.
Intense brain fog	Sleep quality, mood, medications, thyroid, B12, iron, neurological concerns when appropriate.
Severe hot flashes or night sweats	Hormone therapy eligibility, nonhormonal options, triggers, and other causes of sweating.
Painful sex or vaginal burning	Genitourinary syndrome of menopause, moisturizers, lubricants, vaginal estrogen, pelvic floor referral.
Rage, panic, or depression	Mental health care, hormone pattern, sleep, medication options, urgent support when needed.

The reset script

Try saying this at your next appointment:

“I know midlife changes can be common, but these symptoms are affecting my quality of life. I want to discuss perimenopause as one possible cause, rule out other medical concerns, and leave with a clear plan for symptom relief.”

Closing word

Midlife is not a malfunction. It is a transition that deserves strategy. You can be honest about how hard it feels and still believe that your best years are not behind you.

Hey Shanta Q reminder: No pressure. No shame. Just honest support and one powerful next step.

References

1. [Office on Women’s Health, Menopause symptoms and relief](#)
2. [ACOG, My Menopause Story: What Surprised Me Most About Perimenopause](#)
3. [Seeking Health Care for Perimenopausal Symptoms: Observations from The Women Living Better Survey](#)