



# Trouble sleeping?

A disruption to sleeping habits is often the No.1 complaint from those in the perimenopause and menopause.

Trouble sleeping, along with various other symptoms, occur because of a change in hormones which ultimately affect your body, emotions and wellbeing – whether you are in your 40s, 30s or even 20s!

**Half the population will go through the menopause. Change is inevitable but how you handle it isn't.**

For evidence-based information and support during your menopause journey, download our free *balance* app on the App Store or Google Play.

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the menopause support app  
by Dr Louise Newson





# Unexpected aches & pains?

Do you feel like your body has suddenly become very old? Do you have a stiffness and achy feeling in your joints that just isn't going away? This is a very common symptom of the fluctuating and falling hormones that happen in the perimenopause and menopause.

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# Headaches or migraines?

Fluctuating levels of hormones, particularly a dip in estrogen levels, can bring on headaches and trigger migraines for many people. This could be a sign of the perimenopause or menopause.

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# *Low mood, anxiety, feelings of depression?*

Low mood, anxiety and feelings of depression can be very common symptoms of the menopause and perimenopause.

These and other psychological symptoms are often mistaken for clinical depression, with many women wrongly prescribed antidepressants as treatment.

It is the symptoms that other people cannot see that too often lead to the most difficulties. Psychological as well as physical symptoms occur because of a change in hormones which ultimately affect your body, emotions and wellbeing – whether you are in your 40s, 30s or even 20s!

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