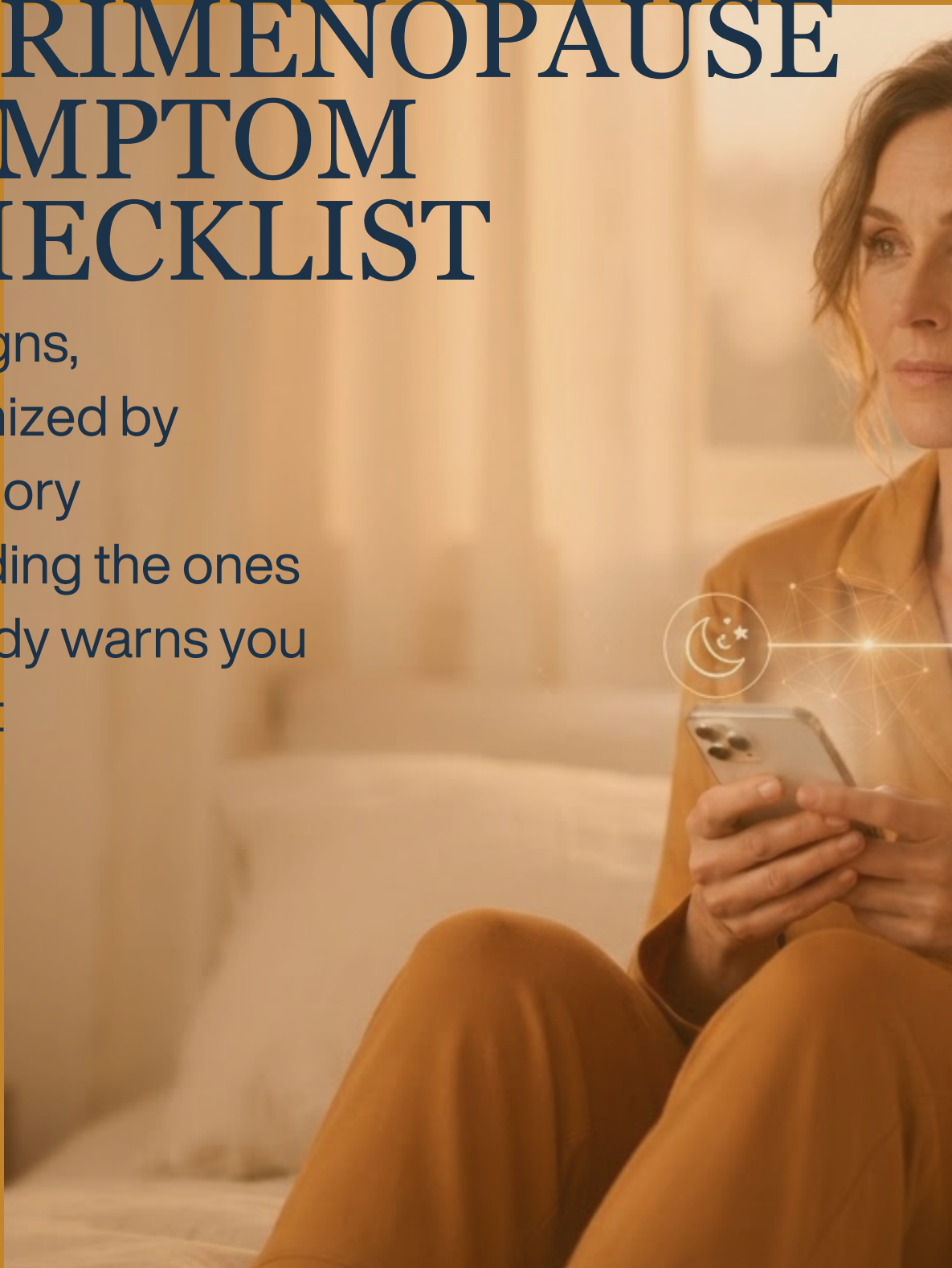


THE PERIMENOPAUSE SYMPTOM CHECKLIST

60 signs,
organized by
category

Including the ones
nobody warns you
about



The Perimenopause Symptom Checklist

Perimenopause can begin years before your cycle changes noticeably, and it rarely announces itself with hot flashes alone. The changes below are all linked to fluctuating estrogen and progesterone, and they can appear individually, in clusters, or so gradually that they're easy to attribute to something else entirely. Stress, ageing, or "just a bad week." Go through each category and check what feels familiar, even if it seems unrelated to the others.

Menstrual & Reproductive

- ☐ Cycles becoming shorter or closer together
- ☐ Cycles becoming longer or more spaced out
- ☐ Heavier or lighter bleeding than usual
- ☐ Skipped periods
- ☐ Spotting between periods
- ☐ New or worsening period pain
- ☐ Increased PMS-type symptoms

Temperature Regulation

- ☐ Hot flashes
- ☐ Night sweats
- ☐ Sudden waves of heat without visible sweating
- ☐ Cold flashes or chills
- ☐ Increased sweating overall

Sleep

- ☐ Difficulty falling asleep
- ☐ Waking frequently during the night
- ☐ Waking too early, unable to fall back asleep
- ☐ Restless or unrefreshing sleep
- ☐ New or worsening snoring

Mood & Cognitive

- ☐ Increased irritability or a shorter fuse
- ☐ Rapid mood swings
- ☐ New or worsening anxiety
- ☐ Low mood or unexplained tearfulness
- ☐ Brain fog or difficulty concentrating
- ☐ Word-finding difficulty (“tip of the tongue” moments)
- ☐ Short-term memory lapses
- ☐ Feeling mentally flat or less motivated

Musculoskeletal & Pain

- ☐ New or worsening joint pain or stiffness
- ☐ General muscle aches
- ☐ Frozen shoulder or reduced shoulder mobility
- ☐ Increased headaches or migraines
- ☐ Lower back pain

Skin, Hair & Nails

- ☐ Dry or thinning skin
- ☐ Increased skin sensitivity, tingling, or itching
- ☐ Adult acne or new breakouts
- ☐ Hair thinning or increased shedding
- ☐ Increased facial hair growth
- ☐ Brittle or slow-growing nails

Sensory & Neurological (often overlooked)

- ☐ Dizziness or vertigo
- ☐ Tinnitus (ringing or buzzing in the ears)
- ☐ Electric-shock sensation under the skin
- ☐ Burning sensation in the mouth or tongue
- ☐ Changes in taste or smell
- ☐ Tingling or “pins and needles” in hands or feet
- ☐ Dry, itchy, or irritated eyes

Cardiovascular

- ☐ Heart palpitations (racing, skipping, or fluttering)
- ☐ New or rising blood pressure

Digestive

- ☐ Bloating
- ☐ New food sensitivities or intolerances
- ☐ Constipation or changed bowel habits
- ☐ Increased gas or indigestion

Urogenital

- ☐ Vaginal dryness
- ☐ Discomfort or pain during sex
- ☐ Increased urinary urgency or frequency
- ☐ More frequent urinary tract infections
- ☐ Mild leakage with coughing, sneezing, or exercise
- ☐ Reduced libido

Metabolic & Other

- ☐ Weight gain, especially around the abdomen
- ☐ Increased difficulty losing weight
- ☐ New or worsening allergies
- ☐ Changes in body odor
- ☐ Breast tenderness or swelling
- ☐ Gum sensitivity or other oral changes
- ☐ Fatigue that isn't relieved by rest

A note before you go: this checklist is an awareness tool, not a diagnostic one. Having several of these doesn't automatically mean you're in perimenopause, and having none doesn't rule it out. If a number of these feel familiar, it can be worth bringing this list to your doctor — or tracking your own patterns over time to see what's really going on in your body.

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YOUR NEXT STEPS

A checklist is a snapshot. Ember Circle logs this every day, spots your patterns, and builds rituals around them

How to know why your hot flashes spike without guessing.?

Ember Circle logs your sleep, cycle day, mood, and symptoms every day.

Then it finds the pattern.

Sleep quality drops two nights in a row?

It flags the correlation before you even notice you're exhausted.

Then it hands you a specific breathing exercise or yoga sequence built for that moment, not generic advice for a 25-year-old's cycle.

Six data models.

Fourteen tools.

One dashboard.

TIPS:



Ember Circle puts sleep, cycle, symptoms, and lifestyle in one place - then shows you the pattern.

If this sounds like something you need, try the app for free or share this with a friend who's been asking the same questions you have.

