

Eve & Beyond

The Perimenopause Symptoms Checklist

40 signs your hormones may be shifting

Perimenopause can begin years before your periods stop. Many of the symptoms below are hormonal and treatable, yet most women are never told to expect them. Use this checklist to track what you are experiencing and bring it to your next medical appointment.

Cycle and Physical Changes

- Periods arriving earlier or later than usual
- Heavier or lighter flow than before
- Spotting between periods
- Skipping periods then bleeding again
- Hot flashes during the day
- Night sweats that wake you up
- Chills after a heat surge
- Heart palpitations during hormonal shifts
- Joint aches without clear injury
- Muscle soreness that lingers longer
- Breast tenderness that comes and goes
- Bloating that feels hormone-linked
- Headaches clustering around cycle changes
- Migraines worsening around your period
- Dizziness or feeling briefly off balance
- New sensitivity to warm rooms or layers
- Skin feeling drier or more reactive
- Hair thinning or increased shedding
- Weight gain around the abdomen
- Changes in body odour

Sleep, Mood, Brain and Energy

- Trouble falling asleep even when tired
- Waking at 2 to 4am and struggling to return to sleep
- Sleep feels lighter and less restorative
- Morning fatigue despite enough hours in bed
- New anxiety or internal restlessness
- Panic-like episodes you never had before
- Irritability that feels out of proportion
- Lower stress tolerance in daily life
- Mood dips that feel more intense than PMS
- Tearfulness that feels sudden or unfamiliar
- Rage or anger that surprises even you
- Brain fog or slower word recall
- Losing track of tasks more easily
- Lower motivation for things you care about
- Energy crashes in the afternoon
- Feeling wired and tired at night
- Lower libido than your usual baseline
- Vaginal dryness or discomfort with intimacy
- Urinary urgency or more frequent urination
- Feeling like a different person than you used to be

If several of these feel familiar, speak to a menopause-informed doctor. You do not have to manage this alone.