



Menova.ai

Your personalized menopause
companion

You are not alone in this journey
Connect with a supportive community

Take Assessment

Sign In

Already have an account?

Assessment

Question 1 of 3

When was your last period?

Within the last month

☐

1-3 months ago

☒

4-12 months ago

☐

Over a year ago

☐

Back

Next

Home

Welcome, Karen!

You're in Perimenopause Day 45

Track your symptoms to get insights

[Take Assessment ›](#)

Quick Access

Log Symptoms

Ask AI Assistant

Today's Insights

Your sleep pattern has improved

Hot flashes decreased by 30%

Mood seems stable this week

Community Highlights

New discussion: Sleep tips

5 responses to your post

[View All ›](#)



Home



Chat



Track



Community

AI Chat

M

Hi Karen, I'm your Menova assistant. How can I help with your menopause journey today?

I've been having trouble sleeping. Any suggestions?

M

Sleep disruption is common. Try these sleep hygiene tips:

- Consistent bedtime
- No screens 1hr before bed
- Keep room cool

Sleep Tips

Track Sleep

Type a message...



Home



Chat



Track



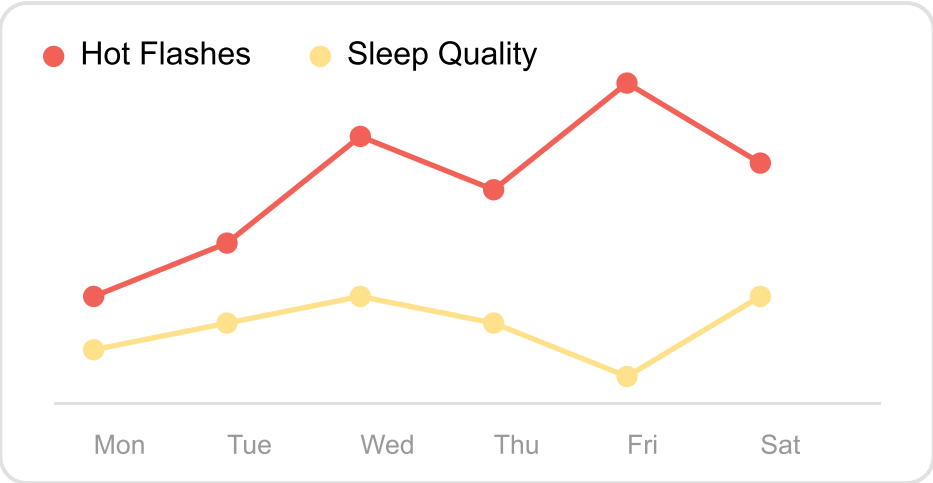
Community

Symptom Tracker

- Overview
- Symptoms
- Plans

Weekly Summary

This Week



Active Plan Progress

Better Sleep Plan

Day 14 of 21

67% complete

40 others

Today's Sleep Task

Optimize bedroom temperature between 65-68°F and use blackout curtains.

Go to Plan

AI Insights

Your sleep quality is improving since starting the Better Sleep Plan. Hot flashes appear to decrease on days with lower room temperature.

[View Full Analysis >](#)

Log Today

Wellness Plans

Expert-guided

My Active Plans

Better Sleep Plan
Day 14 of 21

Discussion

67% complete

40 others

Find A Plan

Search plans...

Sort

Based on your tracked symptoms

Hot Flash Relief
4-week program to reduce frequency and intensity of hot flashes
124 active participants

Join Plan
View Stories

Brain Fog Clarity
2-week cognitive enhancement plan with memory exercises and supplements
67 active participants

Join Plan
View Stories

Browse All Plans



Plan Community

Better Sleep Plan

40 participants • 14 new posts today

Go to Plan

All Posts

Success Stories

Questions

K

Karen M.

Day 14

I've been using a cooling pad under my sheets and it's made a huge difference! My night sweats have reduced by at least 70%.

Posted 2 days ago • 8 replies

Like

T

Tina L.

Day 16

The white noise machine suggestion from Day 8 has changed my sleep completely! I'm now getting 7+ hours of uninterrupted sleep.

Posted yesterday • 3 replies

Like

R

Rebecca D.

Day 10

Question: Has anyone found a good alternative to the blackout curtains? They were too warm for my bedroom.

Posted 3 days ago • 12 replies

Like

Share Your Experience



Home



Chat



Track



Community

Community

- Discussions
- Blogs
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 Search blogs...

Popular Tags

Filter ▾

- Sleep
- Hot Flashes
- Anxiety

M

Goodbye Insomnia

Duration: 4 weeks

Age: 54

My journey to better sleep through lifestyle changes and mindfulness

Feb 15 • 4 min read • 36 comments

Maria J.

Related: [Better Sleep Plan • 40 participants](#) →

M

Cooling the Fire Within

Duration: 6 weeks

Age: 54

How I reduced hot flashes by 70% using diet and environment changes

Feb 22 • 5 min read • 42 comments

Maria J.

Related: [Hot Flash Relief Plan • 124 participants](#) →

L

Mind Over Menopause

Duration: 5 weeks

My strategies for combating brain fog and improving cognitive function

Mar 5 • 6 min read • 28 comments

Lisa T.

+

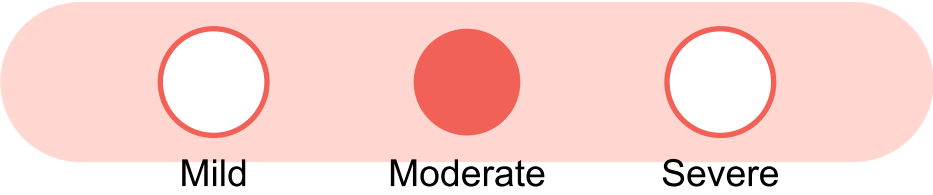
Log Symptom

Cancel

Insomnia

March 21, 2025

Severity



Time of Day



Notes

Had trouble falling asleep before midnight...

Recommended for Your Symptoms

Better Sleep Plan

A 21-day guided program to improve sleep quality and reduce insomnia

40 women currently active

Join Now

View Later

Save Symptom

View Community Stories about Insomnia



Better Sleep Plan

Day 14 of 21



67% complete

40 participants

Today: Sleep Environment

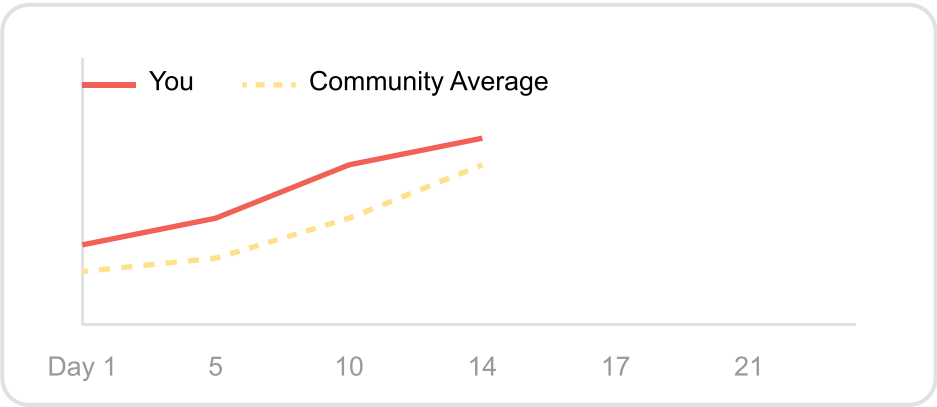
Keep your bedroom temperature between 65-68°F (18-20°C).

Use blackout curtains or an eye mask to eliminate light disturbances.

Try using a white noise machine to mask disruptive sounds.

Mark Complete

Community Progress



Discussion

K

Karen M.

I've been using a cooling pad under my sheets and it's made a huge difference!

T


Tina L.

The white noise machine suggestion changed my sleep quality completely!

Share your experience...

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 Search community...

Popular Topics

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- Hot Flashes
- Insomnia
- Anxiety

M

My Journey with Night Sweats

Maria shares her experience finding relief from night sweats through lifestyle changes...

Feb 15 • 4 min read • 36 comments

Sleep

Related:

Better Sleep Plan • 40 participants

→

J

How I Managed Mood Swings

Jane's personal story about finding balance and managing emotional ups and downs...

Feb 20 • 5 min read • 29 comments

Mood

Related:

Anxiety Management Plan • 86 participants

→

S

Brain Fog: What Worked for Me

Sarah discusses supplements and exercises that helped clear her thinking...

Feb 22 • 6 min read • 42 comments

Cognitive





Blog Post

My Journey with Night Sweats

M

Maria Johnson

Feb 15, 2025 • 4 min read

Sleep

For the past year, night sweats were disrupting my sleep and leaving me exhausted. After trying several approaches, I finally found relief.

What Worked For Me

1. Temperature regulation: Keeping my bedroom round 65°F and using moisture-wicking sheets ade a tremendous difference.
2. Evening routine: Eliminating caffeine after noon nd avoiding spicy foods in the evening reduced y night sweats by about 70%.
3. Stress management: Daily meditation for just 0 minutes before bed helped calm my nervous ystem and resulted in fewer disruptions.

Comments (36)

S

Sarah M.

Thank you for sharing! I've been struggling with the same issue and will try your suggestions.

L

Lisa T.

Have you tried cooling pillows? They've been a game-changer for me!

Add a comment...