



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

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Track

Community

Symptom Tracker

Overview

Symptoms

Plans

Weekly Summary

This Week

● Hot Flashes ● Sleep Quality

Mon Tue Wed Thu Fri Sat

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



Home



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Community

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

Join Plan

124 active participants

 View Stories

Brain Fog Clarity

2-week cognitive enhancement plan
with memory exercises and supplements

Join Plan

67 active participants

 View Stories

Browse All Plans



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Community

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](#)

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 Track

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Goodbye Insomnia

Maria J.

Duration: 4 weeks

Age: 54

My journey to better sleep through lifestyle changes and mindfulness

Feb 15 • 4 min read • 36 comments

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



Cooling the Fire Within

Maria J.

Duration: 6 weeks

Age: 54

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

Feb 22 • 5 min read • 42 comments

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



Mind Over Menopause

Lisa T.

Duration: 5 weeks

My strategies for combating brain fog and improving cognitive function



Mar 5 • 6 min read • 28 comments



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Log Symptom

Canc

Insomnia

March 21, 2025

Severity



Mild



Moderate



Severe

Time of Day



Morning



Afternoon



Evening

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



Home



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Community

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...

Community

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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](#)

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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

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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...