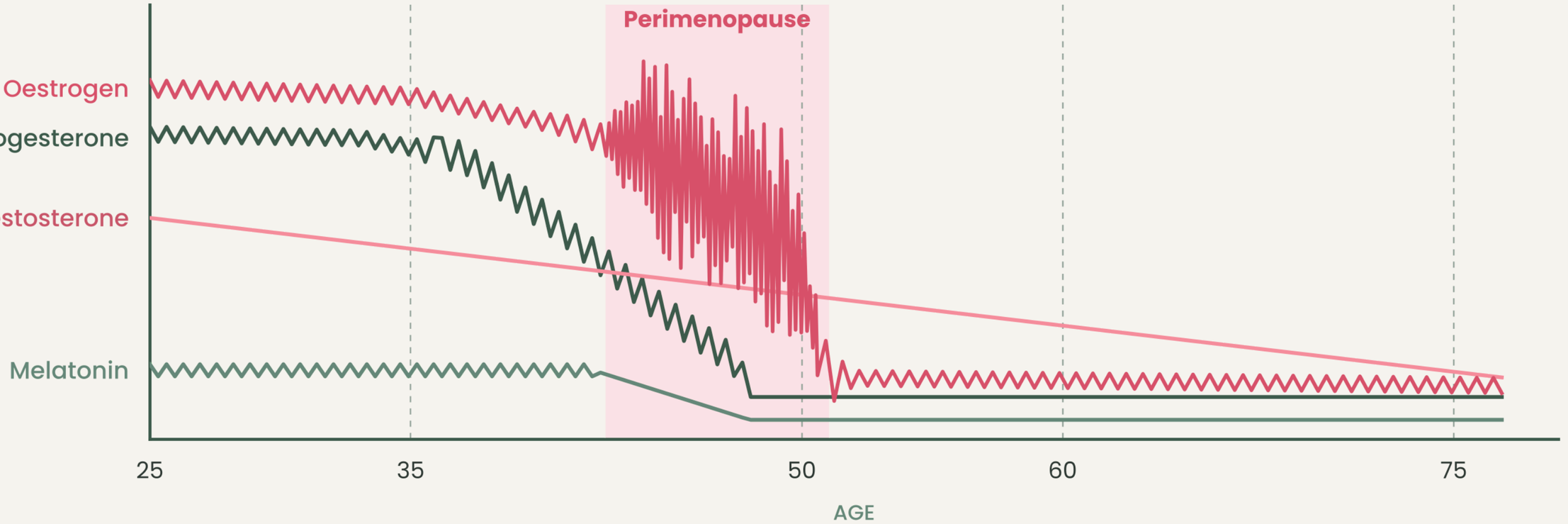
PERI-MENOPAUSE & MENOPAUSE

A woman's life in hormones

Oestrogen doesn't decline smoothly - through perimenopause it can swing up and down day to day, week to week.



Oestrogen

Supports focus, motivation and dopamine. In perimenopause it swings erratically before settling low after menopause.

Progesterone

Calming and soothing. As it falls, anxiety, irritability, restlessness and sensory overwhelm can increase.

Testosterone

Supports drive, mental clarity and sustained attention. It declines gradually, which can make starting tasks harder.

Melatonin

Regulates sleep. Lower levels add to sleep differences already common in neurodivergent people.

Illustrative only - patterns and timings vary from person to person.
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Women's Neurodiversity