



# Am I in Perimenopause?

## A Symptom Checklist

To help you make sense of what's happening in your body

### How to use this checklist

You don't have to arrive at a consultation already knowing the answer. This checklist is designed to help you notice what's changed — and give you the words to describe it, to yourself and to your doctor.

Work through each category and tick anything you've experienced in the last 3–6 months, even if it feels minor or uncertain.

**This checklist is for information only and does not replace a medical consultation.**

If you are concerned about any symptoms, please book an appointment with your GP.

Written for you by

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**SLEEP**

- Waking in the night for no clear reason
- Difficulty falling asleep
- Waking earlier than usual
- Feeling unrefreshed after sleep
- Night sweats disrupting sleep

**BRAIN & COGNITIVE FUNCTION**

- Brain fog — difficulty thinking clearly
- Forgetting words or names
- Poor concentration or focus
- Feeling mentally slower than usual
- Losing track of conversations or tasks

**HOT FLUSHES & TEMPERATURE**

- Hot flushes — sudden waves of heat
- Night sweats
- Unpredictable hot and cold spells
- Facial flushing

**BODY & PHYSICAL CHANGES**

- Joint or muscle aches — new or worsening
- Heart palpitations
- Headaches — new or increased frequency
- Skin changes (dryness, acne, sensitivity)
- Hair thinning or texture change
- Bloating or digestive changes

**MOOD & MENTAL HEALTH**

- Feeling more anxious than usual
- Low mood or tearfulness
- Irritability — snapping at small things
- Feeling overwhelmed more easily
- Loss of motivation or enjoyment
- Feeling unlike your usual self

**PERIODS & HORMONAL CHANGES**

- Periods becoming irregular
- Heavier or longer periods than before
- Shorter cycles (periods coming closer together)
- Spotting between periods
- Skipped periods (not pregnant)
- Worsening PMS symptoms

**ENERGY & PHYSICAL SYMPTOMS**

- Fatigue deeper than normal tiredness
- Energy crashes during the day
- Needing more recovery time after exercise
- Weight changes despite no diet change
- Reduced motivation to exercise

**SEXUAL HEALTH & INTIMATE SYMPTOMS**

- Reduced libido
- Vaginal dryness or discomfort
- Discomfort during sex

**How to read your results:**

Symptoms across several categories — even just a few in each — is often more telling than a long list in one area.

*Bring this with you to your appointment.*