



PERSONALIZED SYMPTOM GUIDE

Sleep + Fatigue Clarity Kit

A personalized symptom-tracking workbook for midlife clarity



Track patterns • Prepare for appointments • Feel more informed

How to use this kit

This guide is designed to help you make sense of sleep changes and fatigue without turning the process into more work. A few simple notes each day can be enough to spot patterns.

1

Start with the snapshot pages

Write down what your sleep and energy feel like right now so you have a clear baseline.

2

Use the monthly symptom tracker

Track the days that apply to your month. If your month has fewer than 31 days, leave the extra rows blank.

3

Reflect once a week

Use the weekly reflection pages to notice what seems to improve sleep, worsen fatigue, or affect your routine most.

4

Bring your notes to an appointment

The appointment prep and clinician handoff pages make it easier to summarize what you have noticed.

What this is for

This kit is educational and organizational. It is not a diagnosis or treatment plan, but it can help you prepare for a more focused conversation with a licensed clinician.

What you unlocked

- Your personalized symptom pattern summary
- Your top symptom priorities
- A 4-week clarity plan
- Symptom-specific snapshot pages
- Monthly tracker
- Weekly reflection pages
- Care questions to discuss with a clinician
- Clinician handoff summary

Quick start:

Fill out your snapshot, track at least 3 days, then complete the clinician handoff page before an appointment. You do not need to complete every page for this kit to be useful.

Sleep + Fatigue

Your personalized result

BASED ON YOUR QUIZ ANSWERS
PRIMARY SYMPTOM PATTERN

Sleep + Fatigue

Your quiz answers suggest that sleep disruption and daytime fatigue are currently the clearest pattern in what you are experiencing. This can look like trouble falling asleep, waking often, waking too early, restless sleep, unrefreshing sleep, or feeling drained even after time in bed.

What this kit helps you do

Track sleep quality, night waking, morning energy, daytime dips, and patterns around stress, heat symptoms, mood, or routines that may be connected.

Sleep + Fatigue

Your top symptom priorities

Sleep disruption often overlaps with other changes. These are the three areas most likely to matter in this version of the kit.

1

Sleep + Fatigue

Track bedtime, wake-ups, sleep quality, and how your energy feels the next day.

2

Brain Fog + Focus

Notice whether poor sleep connects with concentration, memory, productivity, or mental clarity.

3

Mood + Irritability

Note whether disrupted sleep seems to affect patience, anxiety, motivation, or emotional steadiness.

Your 4-week clarity plan

Use this guide as a light structure for the month rather than a strict program.

Week 1

Get a baseline. Track bedtime, wake time, night waking, sleep quality, and next-day energy.

Week 2

Look for patterns. Notice whether stress, late meals, caffeine, exercise, hot flashes, or routine changes show up.

Week 3

Notice impact. Track whether sleep is affecting mood, focus, patience, workouts, or daily responsibilities.

Week 4

Prepare for action. Summarize what you notice most and use the appointment prep pages to organize questions.

Keep it simple

Short notes are enough. You are looking for a clearer pattern, not a perfect record.

Sleep + fatigue snapshot

Use this page to capture what feels most true for you right now.

Sleep symptoms I notice

- ☐ Trouble falling asleep
- ☐ Waking during the night
- ☐ Waking too early
- ☐ Restless or light sleep
- ☐ Night sweats or waking hot
- ☐ Snoring or breathing concerns

Daytime fatigue looks like

- ☐ Low energy in the morning
- ☐ Afternoon crash
- ☐ Need more caffeine
- ☐ Brain fog
- ☐ Less motivation to exercise
- ☐ Feeling tired even after sleep

The symptom bothering me most right now

How sleep or fatigue is affecting my life

What I most want clarity on this month

Cycle and bleeding snapshot

If you still have periods, use this page to capture your recent cycle pattern. If you do not have periods, use the notes area for any relevant history you want to remember.

Periods recently

- ☐ Mostly regular
- ☐ Less predictable
- ☐ Skipped periods
- ☐ Heavier than usual
- ☐ Lighter than usual
- ☐ Spotting
- ☐ Not applicable

Bring up promptly

- ☐ Bleeding after 12 months without a period
- ☐ Very heavy bleeding
- ☐ Bleeding that feels unusual for me
- ☐ Severe pelvic pain
- ☐ I want to ask what is normal for me

Date of last period, if applicable

What changed compared with my usual pattern

Questions or concerns about bleeding or cycles

Sleep + energy baseline

Before you begin the monthly tracker, write a quick baseline. This gives you something to compare with later.

How disruptive is my sleep right now?

012345678910

How disruptive is fatigue right now?

012345678910

My usual bedtime and wake time right now

How many times I usually wake during the night

How my energy feels in the morning, afternoon, and evening

What I think may be contributing

Understanding sleep + fatigue

Sleep changes during the menopause transition can look like trouble falling asleep, more frequent waking, waking earlier than expected, night sweats, lighter sleep, or feeling less restored after sleep. Fatigue can show up as sluggishness, low motivation, decreased stamina, or feeling like your energy never fully resets.

Sleep and fatigue can also be shaped by overlapping factors such as stress, mood, hot flashes, changes in routine, medical conditions, or medications. The goal of this guide is not to guess the cause. It is to notice the pattern clearly.

What to notice

- Whether the problem is falling asleep, staying asleep, or waking too early.
- Whether heat symptoms, stress, racing thoughts, pain, or bathroom trips are waking you.
- Whether fatigue is constant or comes in waves.
- Whether poor sleep affects focus, patience, motivation, or exercise.
- Whether certain habits or routines seem to help or worsen the pattern.

What to track first

For this symptom pattern, focus on the details that make your sleep and energy pattern easier to understand.

Sleep timing

What time did you go to bed? What time did you wake up for the day?

Night waking

How many times did you wake? Do you know what woke you?

Sleep quality

Use a simple 0–10 rating for how restorative sleep felt overall.

Daytime energy

Notice morning energy, afternoon crashes, and whether rest helps.

Possible triggers

Stress, heat symptoms, late meals, alcohol, caffeine, screen time, or routine changes.

Daily impact

Focus, mood, patience, workouts, work performance, or general resilience.

Sleep pattern map

Use this page to notice what kind of sleep disruption shows up most often for you.

At bedtime

- ☐ I feel wired or restless
- ☐ My mind races
- ☐ I fall asleep okay
- ☐ I am overtired but still cannot settle
- ☐ Not sure

During the night

- ☐ I wake hot or sweaty
- ☐ I wake to use the bathroom
- ☐ I wake from stress or worry
- ☐ I wake for no clear reason
- ☐ I toss and turn

In the morning

- ☐ I wake too early
- ☐ I feel groggy
- ☐ I feel unrefreshed
- ☐ I sleep through but still feel tired
- ☐ I feel fairly rested

What seems connected

- ☐ Stress
- ☐ Heat symptoms
- ☐ Alcohol
- ☐ Caffeine
- ☐ Late eating

My most common sleep pattern right now

Fatigue + daytime energy map

Sometimes the most revealing part of the pattern is not just the night itself, but how the next day feels.

When fatigue hits

- ☐ Right when I wake up
- ☐ Late morning
- ☐ Afternoon
- ☐ Evening
- ☐ All day

How it shows up

- ☐ Low stamina
- ☐ Brain fog
- ☐ Irritability
- ☐ Less motivation
- ☐ Need for naps or caffeine

When my energy is best during the day

What tends to make fatigue worse

What tends to help, even a little

Support habits snapshot

This page is not about perfection. It is simply a place to note what habits or conditions may be affecting your sleep and fatigue pattern.

Evening routine

Does your bedtime stay fairly consistent? Do evenings feel calm or overstimulating?

Food + drink

Notice late meals, alcohol, caffeine timing, or dehydration if they seem relevant.

Environment

Room temperature, bedding, noise, light, or a fan can all matter.

Body cues

Heat symptoms, stress, pain, snoring, or frequent bathroom trips may all be worth noting.

The habit or condition I most want to pay attention to this month

Helpful reminder

You are not trying to "fix" everything at once. You are just noticing what seems connected.

Options to discuss with a clinician

If sleep disruption and fatigue are affecting your quality of life, a clinician can help you think through what may be contributing and what options may be worth discussing.

Symptom pattern

Is the biggest problem falling asleep, staying asleep, waking too early, or waking unrefreshed?

Overlap

Are night sweats, mood changes, stress, pain, or other symptoms contributing to the pattern?

Medical evaluation

Could there be other issues worth evaluating, such as thyroid concerns, anemia, medication effects, or sleep-related breathing issues?

Treatment conversation

Ask about hormonal and non-hormonal options, behavior changes, or other supportive strategies that may fit your situation.

Important note

New or severe symptoms, chest pain, fainting, shortness of breath, or thoughts of self-harm deserve prompt medical attention.

Labs & Tests to Discuss

Sleep disruption and fatigue can fit the menopause transition, but they can also overlap with thyroid changes, low iron, vitamin levels, blood sugar changes, medication effects, caffeine or alcohol use, stress, mood changes, or sleep-related breathing concerns.

This page is a conversation starter

This page is not a diagnosis, a required lab panel, or medical advice. Symptoms can overlap with perimenopause, but they can also be affected by other health factors. Use this page to ask your clinician what, if anything, is worth checking based on your symptoms, history, medications, and risk factors.

Ask before ordering tests

Do not use this page to self-order tests. A helpful question to ask is: "Which tests would change what we do next, and which ones are unlikely to be useful for my situation?"

Common labs to ask about

Ask whether CBC, ferritin or iron studies, TSH with possible free T4, vitamin B12, vitamin D, or hemoglobin A1c/fasting glucose would be useful based on your history.

Sleep-specific evaluation

Ask whether snoring, gasping, morning headaches, daytime sleepiness, restless legs, or waking unrefreshed could make sleep apnea screening or another sleep evaluation relevant.

Hormones, if relevant

Hormone testing is not always useful for perimenopause because levels can fluctuate. Ask whether FSH, estradiol, or other hormone testing would actually change the next step.

Medication + supplement review

Ask whether prescriptions, supplements, caffeine, alcohol, sleep aids, hormone use, or timing of medications could be affecting sleep quality or daytime fatigue.

Symptoms that make me wonder if testing or evaluation would help

Questions I want to ask my clinician

Sleep + Fatigue

Monthly symptom tracker key

Use this tracker to capture the clearest details about your sleep and fatigue pattern across the month.

Small note

Use the days that apply to your month. If your month has fewer than 31 days, leave the extra rows blank.

Sleep quality

Use a simple 0–10 rating. 0 can mean very poor sleep and 10 can mean very restorative sleep.

Energy

Use a simple 0–10 rating for daytime energy or stamina.

Night waking

Write the number of wake-ups, or make a quick note like “hot,” “bathroom,” or “stress.”

Notes

Use this space for short context only: caffeine, routine shift, late meal, night sweat, stressful day, or other quick observations.

Sleep + Fatigue

Week 1 tracker: days 1–7

Fill in one row per day. Keep it simple. Short notes are enough.

DAY	SLEEP TIMING + QUALITY	NIGHT WAKING	ENERGY + FATIGUE	NOTES / CONTEXT
Day 1	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	
Day 2	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	
Day 3	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	
Day 4	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	
Day 5	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	
Day 6	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	
Day 7	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	

Quick notes for this week

Sleep + Fatigue

Week 2 tracker: days 8–14

Keep using the same short format each day so the pattern is easy to review later.

DAY	SLEEP TIMING + QUALITY	NIGHT WAKING	ENERGY + FATIGUE	NOTES / CONTEXT
Day 8	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	
Day 9	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	
Day 10	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	
Day 11	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	
Day 12	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	
Day 13	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	
Day 14	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	

Quick notes for this week

Sleep + Fatigue

Week 3 tracker: days 15–21

By this point, watch for repeated patterns around sleep quality, wake-ups, and daytime crashes.

DAY	SLEEP TIMING + QUALITY	NIGHT WAKING	ENERGY + FATIGUE	NOTES / CONTEXT
Day 15	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	
Day 16	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	
Day 17	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	
Day 18	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	
Day 19	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	
Day 20	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	
Day 21	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	

Quick notes for this week

Sleep + Fatigue

Week 4 tracker: days 22–28

Do not worry about perfect detail. A few notes each day can still make the pattern clearer.

DAY	SLEEP TIMING + QUALITY	NIGHT WAKING	ENERGY + FATIGUE	NOTES / CONTEXT
Day 22	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	
Day 23	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	
Day 24	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	
Day 25	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	
Day 26	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	
Day 27	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	
Day 28	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	

Quick notes for this week

Sleep + Fatigue

Final tracker: days 29–31 + month-end notes

Use the days that apply to your month. If your month has fewer than 31 days, leave the extra rows blank.

DAY	SLEEP TIMING + QUALITY	NIGHT WAKING	ENERGY + FATIGUE	NOTES / CONTEXT
Day 29	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	
Day 30	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	
Day 31	BED / WAKE TIME	NIGHT WAKING	ENERGY 0–10	NOTES / CONTEXT
	SLEEP QUALITY 0–10	WHAT WOKE ME	FATIGUE PATTERN	
Month-end	PATTERNS I NOTICED MOST OFTEN			
	WHAT I WANT TO BRING UP WITH MY CLINICIAN			

Month-end notes

Week 1 Reflection

Use this page at the end of the week to summarize what stood out most.

My sleep pattern this week in one sentence

My fatigue pattern this week in one sentence

What seemed to help

What seemed to worsen sleep or energy

Questions or observations I want to remember

Week 2 Reflection

Use this page at the end of the week to summarize what stood out most.

My sleep pattern this week in one sentence

My fatigue pattern this week in one sentence

What seemed to help

What seemed to worsen sleep or energy

Questions or observations I want to remember

Week 3 Reflection

Use this page at the end of the week to summarize what stood out most.

My sleep pattern this week in one sentence

My fatigue pattern this week in one sentence

What seemed to help

What seemed to worsen sleep or energy

Questions or observations I want to remember

Week 4 Reflection

Use this page at the end of the week to summarize what stood out most.

My sleep pattern this week in one sentence

My fatigue pattern this week in one sentence

What seemed to help

What seemed to worsen sleep or energy

Questions or observations I want to remember

Before your appointment

Use this page to turn a month of notes into a clear story you can share.

The biggest sleep issue I want to discuss

The biggest fatigue issue I want to discuss

Examples of how this affects my daily life

Patterns I noticed over the month

Anything that seemed to help or worsen the pattern

Labs, sleep evaluation, or medication questions I want to bring up

Questions to ask a clinician

General questions

- ☐ Could these sleep and fatigue changes be related to perimenopause?
- ☐ What other possible causes should we consider based on my symptoms and history?
- ☐ Are there symptoms that would make you want additional evaluation?

Labs + sleep evaluation questions

- ☐ Would any labs, such as thyroid, iron, B12, vitamin D, or blood sugar testing, change what we do next?
- ☐ Do my symptoms suggest sleep apnea screening or another sleep evaluation may be relevant?
- ☐ Could any medications, supplements, caffeine, alcohol, or sleep aids be affecting my sleep or energy?

Treatment conversation

- ☐ What hormonal and non-hormonal options are worth discussing?
- ☐ What lifestyle or behavior changes are most likely to help my situation?
- ☐ How long should I track symptoms before following up?

My Vivlyn Summary for a Clinician

Name

Date

Primary result

Sleep + Fatigue

Main symptoms I am noticing

How it is affecting daily life

Patterns I noticed

Current medications, supplements, hormones, sleep aids, or recent changes I want to mention

Care questions, testing, or evaluation topics I want to discuss

Month-end review

Before you close the guide, take a minute to summarize the clearest takeaways.

The strongest pattern I noticed this month

The question I most want answered

What I want to keep tracking next month, if needed

Reminder

Progress here does not mean you solved everything. It means you now have clearer information to work with.

Your next step

You can bring this kit to your own clinician. When Vivlyn-supported care becomes available, your completed summary may help you prepare for a more focused clinician conversation.

Join the Vivlyn Care waitlist

Printed copy? Visit: join.meetvivlyn.com/#future-care



Educational note:

Vivlyn does not diagnose, prescribe, treat, or determine care eligibility. Any clinical care, testing, prescriptions, or treatment decisions must happen separately through a licensed clinician or clinical partner.

Educational sources

This kit is educational and organizational. It is not a diagnosis, treatment plan, or required lab/testing plan. Care questions and testing topics are included as clinician discussion points, not recommendations to self-order tests or change treatment.

The Menopause Society

General information on common menopause and perimenopause symptoms, including sleep changes, fatigue, and vasomotor symptoms.

ACOG

General patient education on the menopause transition, symptom patterns, and when bleeding changes deserve prompt evaluation.

Mayo Clinic

General patient education on menopause symptoms, fatigue, sleep concerns, and preparing for a healthcare visit by tracking symptom patterns.

Safety note

If you have urgent, severe, sudden, or concerning symptoms, this guide should not delay medical care.

You do not need perfect notes to have a worthwhile conversation. Clearer patterns are enough.



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PERIMENOPAUSE CLARITY KIT