

The Perimenopause Survival Guide

What Your Doctor Didn't Tell You (And What Actually Helps)

Introduction

If you're reading this, you probably already know something is off.

Maybe your sleep disappeared. Maybe your skin suddenly hates everything you've used for years. Maybe you're having hot flashes in the middle of meetings, or you forgot the word "budget" mid-presentation.

You're not imagining it. You're not being dramatic. And you're definitely not alone.

Around 40 to 55, estrogen starts its long goodbye, and it takes a lot with it. Most women aren't told this is coming. Most doctors dismiss it. And the supplement industry is happy to sell you 12 different products that sort of help, one symptom at a time.

This guide is different. We'll cover:

- What's actually happening in your body
- A simple **5-minute daily routine** you can start today (zero cost)
- The supplement ingredients that actually work (and the ones that don't)
- Why the *combination* matters more than any single ingredient
- How to get relief without turning your bathroom into a pharmacy

Chapter 1: What's Actually Happening

Perimenopause is the 2 to 10 year transition before menopause. During this time, your ovaries gradually produce less estrogen, but not in a smooth decline. More like a roller coaster.

The Hormone Roller Coaster

Estrogen doesn't just control your period. It affects:

- Sleep quality
- Mood regulation
- Skin elasticity and moisture
- Body temperature regulation
- Cognitive function
- Bone density

When estrogen drops, your body feels it everywhere.

The Most Common Symptoms (In Order of Complaints)

1. **Sleep disruption** - Waking up at 3 AM for no reason, night sweats
2. **Hot flashes and night sweats** - Sudden heat, sweating, heart racing
3. **Brain fog** - Forgetfulness, trouble concentrating, word-finding issues
4. **Mood changes** - Anxiety, irritability, low mood
5. **Skin changes** - Dryness, acne, loss of elasticity, "suddenly aging" appearance
6. **Weight gain** - Especially around the middle, despite eating the same
7. **Joint aches** - Stiffness and pain that wasn't there before

If you have 3 or more of these, you're likely in perimenopause - regardless of whether your periods are still regular.

Chapter 2: Lifestyle Changes That Actually Help

Before we talk about supplements, let's cover the foundations. These won't eliminate symptoms, but they can reduce severity by 20% to 40%.

Sleep Hygiene

- **Keep your bedroom cool** (65°F / 18°C). Night sweats are real.
- **No screens 1 hour before bed.** Blue light suppresses melatonin.
- **Consistent bedtime, even on weekends.** Your hormone-regulated circadian rhythm needs stability.
- **Limit alcohol.** It disrupts sleep architecture and worsens hot flashes.

Movement

- **Strength training 2 to 3x per week.** Maintains bone density and metabolism.
- **Walking daily.** Lowers cortisol, improves insulin sensitivity.
- **Yoga or stretching.** Reduces joint stiffness and stress.

Avoid: Over-exercising. High cortisol from intense cardio can worsen hormonal imbalance.

Nutrition Basics

- **Protein at every meal.** Aim for 25 to 30g. Maintains muscle mass and satiety.
- **Reduce refined sugar and alcohol.** Both spike insulin and worsen symptoms.

- **Stay hydrated.** Dehydration worsens hot flashes and brain fog.
- **Omega-3 rich foods.** Salmon, walnuts, flaxseed. Reduces inflammation.

Stress Management

Perimenopause and high cortisol are a terrible combination.

- **Morning sunlight.** 10 minutes within 1 hour of waking regulates cortisol.
 - **Breathing exercises.** Box breathing (4-4-4-4) for 2 minutes reduces hot flash intensity.
 - **Say no more often.** Your capacity is lower right now. That's biology, not weakness.
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Chapter 3: The 5-Minute Daily Routine (Start Today, Zero Cost)

You don't need a bathroom full of products to feel better. You need one simple routine that addresses the root causes - and you can start it tonight.

Morning (2 minutes)

1. **Step outside for 2 minutes of sunlight** within an hour of waking.
2. No sunglasses, no phone scrolling. Just light on your face.
3. This resets your cortisol rhythm, which improves energy, mood, and sleep 12 hours later.

Evening (3 minutes)

1. **Box breathing before bed** (2 minutes).

2. Inhale 4 counts. Hold 4. Exhale 4. Hold 4. Repeat 6 times.
3. Lowers cortisol and hot flash intensity within one week for most women.
4. **Cool your bedroom to 65°F** (30 seconds).
5. Turn down the thermostat, open a window, or use a fan.
6. Night sweats disrupt sleep architecture. A cool room is the single highest-ROI sleep change.

Why This Works

- **Sunlight + cool room = better sleep.** Better sleep = lower cortisol = fewer hot flashes = less brain fog.
- **Box breathing = immediate relief.** You can do it during a hot flash. You can do it at 3 AM when you wake up.
- **Total time: 5 minutes.** Total cost: \$0. Total products: 0.

The Routine Card

Save this to your phone:

☀️ **AM:** 2 min sunlight (no sunglasses)

🌙 **PM:** 2 min box breathing + 30 sec cool bedroom

Do this for 7 days. Track sleep quality 1-10. Most women see improvement by Day 5.

Chapter 4: Supplements That Actually Work

The supplement industry is a minefield. Here's what the research actually says.

The Ingredients With Real Evidence

Magnesium Glycinate

- Helps with sleep quality and hot flash frequency
- Most women are deficient
- Dose: 200 to 400mg before bed
- Form matters: glycinate is best absorbed and least likely to cause digestive issues

Ashwagandha (KSM-66)

- Reduces cortisol and stress-related symptoms
- Improves sleep quality
- Dose: 300 to 600mg daily
- Takes 2 to 4 weeks to feel full effects

Red Clover (isoflavones)

- Contains plant estrogens that mildly bind to estrogen receptors
- Reduces hot flash frequency in some women
- Dose: 40 to 80mg isoflavones daily
- Effectiveness varies by genetics

Ceramides (for skin)

- Improves skin hydration and barrier function
- Reduces transepidermal water loss
- Dose: 70mg daily (oral) or topical application
- Results visible in 4 to 8 weeks

Niacinamide (Vitamin B3)

- Improves skin barrier, reduces redness
- Helps with perimenopause-related acne

- Dose: 2% to 5% topical, or 500mg oral (with caution)

Hyaluronic Acid

- Holds 1000x its weight in water
- Improves skin hydration and plumpness
- Works both topically and orally

The Overhyped Ingredients (Save Your Money)

- **DHEA** - Hormone precursor. Can worsen hormonal imbalance. FDA has issued warnings.
 - **Wild Yam Cream** - Doesn't convert to progesterone in the body. Studies show no benefit.
 - **Black Cohosh** - Mixed evidence. Some studies show benefit, others don't. Potential liver toxicity.
 - **Evening Primrose Oil** - Weak evidence for hot flashes. Better options exist.
 - **Maca** - Some small studies show benefit, but quality of research is poor.
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Chapter 5: Why the Combination Matters

Here's the thing nobody tells you: **taking one supplement for each symptom is the wrong approach.**

The women who feel best during perimenopause address it systemically, not symptomatically.

The Problem with the One-Symptom Approach

- Sleep aid at night
- Mood supplement in the morning

- Skin serum in the evening
- Hot flash remedy as needed

That's 4+ products, 4+ doses to remember, 4+ chances for interactions, and a bathroom counter full of bottles.

What Actually Works: Inside + Out Together

Your hormones affect both your internal state (sleep, mood, temperature) and your external state (skin, hair, energy).

The most effective approach combines:

1. **Internal support** - supplements that address root hormonal changes
2. **External support** - skincare that addresses what hormones did to your skin
3. **Synergistic timing** - ingredients that work together, not against each other

For example: Magnesium + Ashwagandha taken together at night support both sleep and stress response. Ceramides + Niacinamide in a serum support barrier repair and reduce redness simultaneously.

Chapter 6: What to Look For (And Avoid) in a Product

If you're going to buy supplements and skincare for perimenopause, here's how to evaluate them:

Look For

- **Third-party testing** (NSF, USP, or manufacturer COA)
- **GMP-certified manufacturing**

- **Clinically-studied ingredients at researched doses**
- **No proprietary blends** (you should know exactly how much of each ingredient you're getting)
- **No hormones** (progesterone, DHEA, bioidentical hormones should only be used under medical supervision)
- **Money-back guarantee** - reputable companies stand behind their products

✗ **Avoid**

- Products that claim to "cure" menopause
 - Anything with "proprietary blend" as the main ingredient
 - Supplements with dozens of ingredients (dilution effect)
 - Products without dosage information
 - MLM or influencer-promoted products with no independent research
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Chapter 7: Your Action Plan

This Week

1. **Track your symptoms.** Use a simple note app. Rate sleep, hot flashes, mood, brain fog 1 to 10 daily. Patterns will emerge.
2. **Implement sleep hygiene.** Cool bedroom, no screens, consistent bedtime.
3. **Add morning sunlight.** 10 minutes within an hour of waking.
4. **Reduce alcohol and sugar.** Even a 50% reduction helps.

This Month

1. **Start magnesium glycinate.** 200 to 400mg before bed.

2. **Evaluate your skincare.** If your skin suddenly changed, your old products might not work anymore. Look for ceramides and niacinamide.
3. **Consider ashwagandha.** If stress and sleep are your main issues.
4. **Consult your doctor.** Rule out thyroid issues, anemia, or other conditions that mimic perimenopause.

The Next Step

If you want a simpler approach - one that combines the right ingredients in the right doses, with skincare that actually works for hormonal skin - we're building something for exactly this.

Seluna is a bundle of two supplements + one serum, designed specifically for perimenopause: - **Balance** (Magnesium + Red Clover) - for sleep and hot flashes - **Calm** (Ashwagandha KSM-66) - for stress and mood - **Barrier Support Serum** (Ceramides + Niacinamide + Hyaluronic Acid) - for skin that suddenly changed

No guessing. No 12-product routines. Everything backed by published clinical research.

We're launching soon. Join the waitlist for early access and 20% off:

[Join the Waitlist →]

About This Guide

This guide is for educational purposes only. It's not medical advice. Every woman's perimenopause experience is different. Talk to your doctor before starting any supplement, especially if you have existing health conditions or take medications.

The information about supplements is based on published clinical research as of 2026. Research evolves. We update our thinking as new evidence

emerges.

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