

Top Tips on Managing Brain Fog

What is Brain Fog?

The Fawcett Society [reported](#) that 73% of women experience brain fog during the (peri)menopause.¹ Brain fog describes a range of experiences related to cognitive (brain) function. This includes problems with decision making, concentration and memory.

These can be as simple as forgetting what comes next in a sentence, where you have put something or feeling as if your head is full of cotton wool. It can also be quite scary as, for some, there is the concern that it is the first sign of dementia. However, unlike dementia, brain fog can improve over time and with support.

As with many other symptoms, brain fog in menopause can be due to changes in hormone levels, particularly Oestrogen which is important for our brain health. It can also be made worse by other menopause symptoms such as lack of sleep – the so called “domino effect”. Brain fog can cause issues in the workplace impacting on confidence and concentration levels, as well as at home.

Healthy Diet

Following a healthy diet and reducing alcohol and caffeine intake can help with a range of menopause symptoms including brain fog.

Exercise

The most important thing when it comes to exercise is to do something which you enjoy. However, it is counterproductive to exercise in the hour before sleep as this will keep the brain alert.

Sleep

Sleep can often be disturbed in (peri)menopause but is crucial for good brain function. Following good sleep hygiene can help to improve the quality of your sleep. Minimising screen time before bed, having a regular bedtime, keeping your room cool and dark can all aid you getting a restful and restorative night.

Symptom Diary

Writing lists or keeping a diary can help. Some people like to have a notebook next to the bed for those moments when you wake up in the night. Journalling is also a good way to keep track of your symptoms and what helps.

We have a free [Symptom Checker](#) which you can download to keep track.

Take Your Time

There can be pressure to do things quickly and to multi-task. Taking your time and focusing on one thing at a time can help.

As with any symptoms, please do consult a Healthcare Professional if you have any serious concerns.

