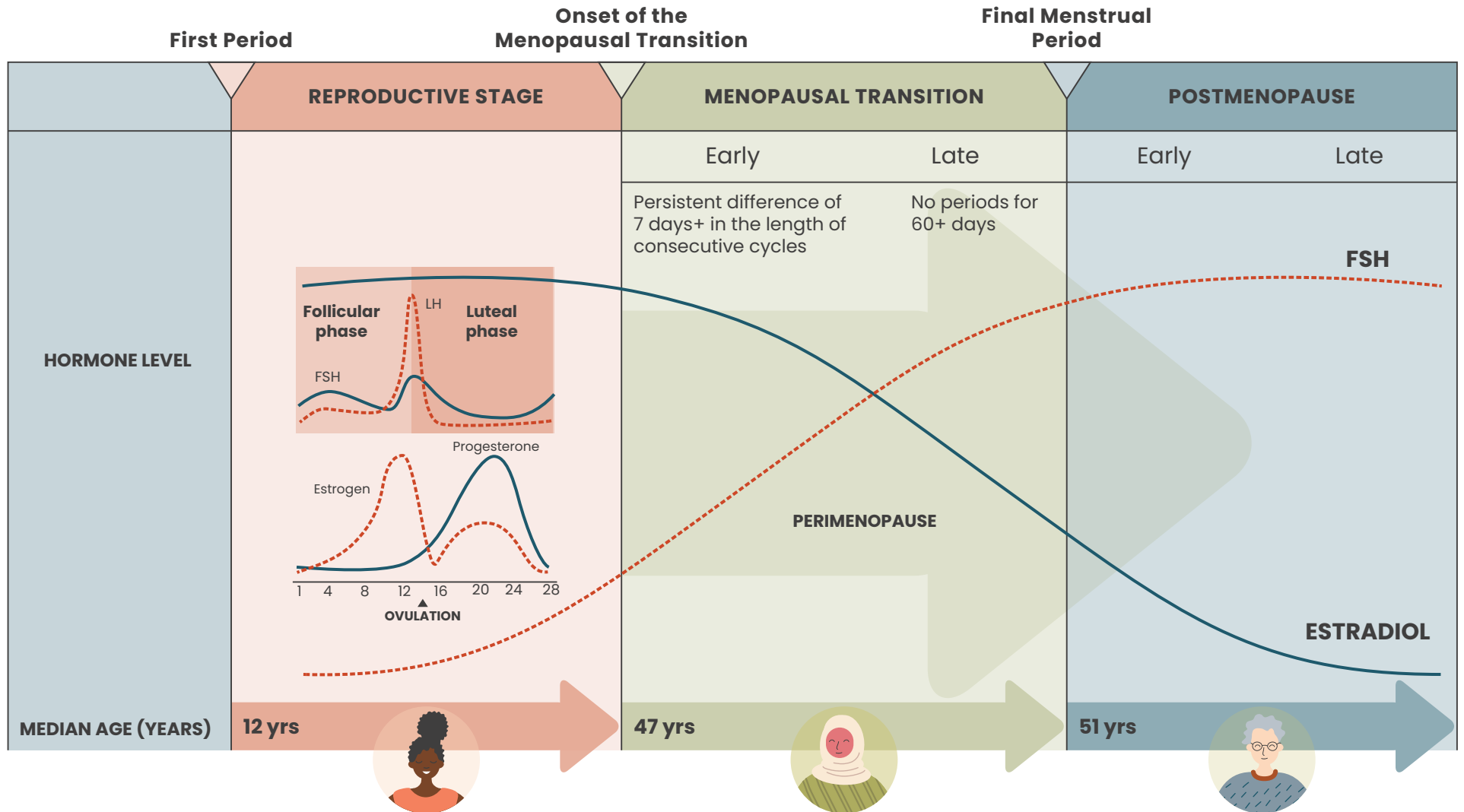


The three stages of your reproductive age and corresponding hormone levels



Source: Baker FC, de Zambotti M, Colrain IM, Bei B. Sleep problems during the menopausal transition: prevalence, impact, and management challenges. Nat Sci Sleep. 2018;10:73-95 <https://doi.org/10.2147/NSS.S125807>