Trigger tracker

Two weeks of your own triggers, which beats any generic list.

WHY YOUR OWN LIST

Commonly reported triggers include hot drinks, alcohol, spicy food and stress. But triggers are quite individual, so two weeks of your own data tells you considerably more than a generic list.

DATE	FLUSHES TODAY	WHAT I ATE OR DRANK BEFOREHAND	WHAT ELSE WAS GOING ON

What to look for

- A consistent gap between something and a flush, usually within an hour
- Whether alcohol affects the night rather than the day
- Whether stress or a particular kind of situation shows up repeatedly
- Whether anything you expected to be a trigger turns out not to be

Practical measures that target the mechanism

- A cooler bedroom, natural fibre bedding and nightwear
- Layers you can remove without fully waking
- Something cold within reach overnight
- Moving your last caffeine earlier. Its half life is five to six hours, so an afternoon coffee is still circulating in the evening

> **TWO THINGS WORTH KNOWING ABOUT ALCOHOL**
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> It appears in the breast cancer comparison from Module 2, where two or more units daily was associated with more additional cases than combined HRT was. And it disrupts sleep architecture in the second half of the night, which is precisely the part already fragile in perimenopause. Both are information rather than instruction.

NOT MEDICAL ADVICE. Educational content only. Many symptoms have causes other than perimenopause, including thyroid disease, anaemia and diabetes. Please speak to your GP about anything that concerns you. · Module 4 · navigare-vela.com