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**mariskar** Night sweats are REAL!! 🥵



I woke up a few times last night and felt like I was in a sauna! ☹️



I threw the blankets off and laid there like a starfish, trying to cool down. ☹️



That didn't work, so I got up and went to the bathroom for a glass of water. That helped a little. ☹️



When I got back into bed, the sheets were legit wet. ☹️



Wtf. ☹️



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Wtf. 🤔

This perimenopause thing blows. 🤔



I'm trying to have a sense of humour around it tho, until I get my hands on this new hormone balancing product that's coming. 🤔

Anyone else having this happen lately? Or any other fun hormonal symptoms? 🤔

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