



WHY ARE HOT FLASHES WORSE AT NIGHT?



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During perimenopause and menopause, roughly 75% of women will experience hot flashes of varying intensity.

While some women experience flushing and head rushes but no sweating, others experience severe perspiration that necessitates changing clothes.

Today #OnTheBlog, we're talking all about night sweats: what causes them, what can be done to offset them and MORE!

Link in bio to read now.

#Equelle #MenopauseSupport
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Why are night sweats a thing in the first place?

What can be done to offset night sweats?

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