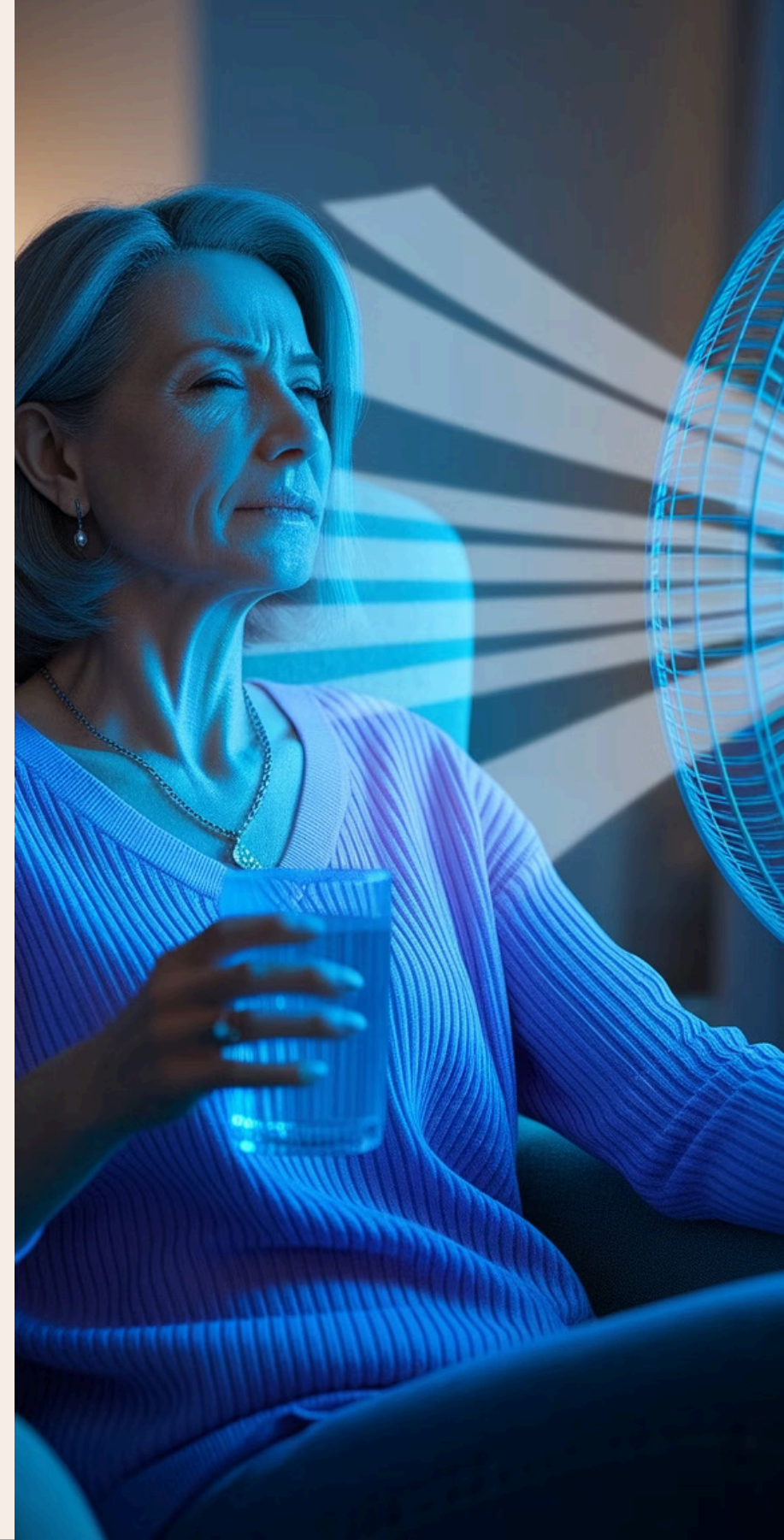




# Hot Flashes & Cool Solutions

Your Pocket Plan for Managing Heat Waves, Day or Night **Brought to you by Navigate Menopause**



# What Are Hot Flashes, Really?

## The Experience

They're a surge of heat from within — often starting in the chest or face, followed by sweating, flushing, and a sudden chill. You're not imagining it.

## The Cause

Hormone shifts, especially the drop in estrogen, affect your body's thermostat.

## The Timeline

Many women experience them during perimenopause and well into post-menopause.



# Common Triggers to Watch Out For



**Stress or anxiety**



**Spicy foods**



**Alcohol or caffeine**



**Warm environments or tight clothes**



**Sudden changes in temperature**

**Try Asking Navigate Menopause:** "Help me identify my hot flash triggers."

# Daily Habits That Help



**Dress in breathable layers**



**Keep a fan or cooling cloth nearby**



**Sip cold water throughout the day**



**Avoid known food triggers**



**Limit alcohol and caffeine before bed**

# Sleep & Night Sweats

Hot flashes at night = night sweats. Try this:



**Cool room (65°F/18°C is ideal)**

**Breathable cotton bedding**

**Avoid heavy meals or alcohol late**

**Try deep breathing before bed**

**Ask Navigate Menopause:** "Help me create a cool bedtime routine."



# Natural Cooling Techniques



## Herbal Remedies

Herbal teas: peppermint, sage, and chamomile



## Alternative Therapies

Acupressure or acupuncture (some women report relief)



## Aromatherapy

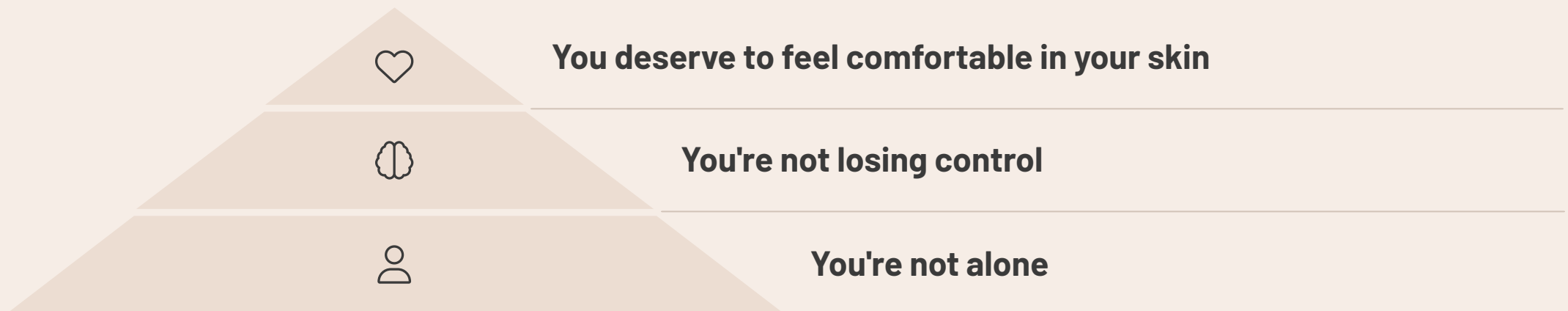
Menopause-safe essential oils like lavender (for calming)



## Cooling Foods

Hydrating foods: cucumber, watermelon, leafy greens

# Emotional Support Matters Too



Flashes can be distressing — especially in public. Know this:

**Try Asking Navigate Menopause:** "I had a hot flash at work and felt embarrassed. Help me reframe this."

# Track & Adapt

## Keep a symptom log

When they happen, what you ate,  
how you felt

## Share with healthcare provider

If needed

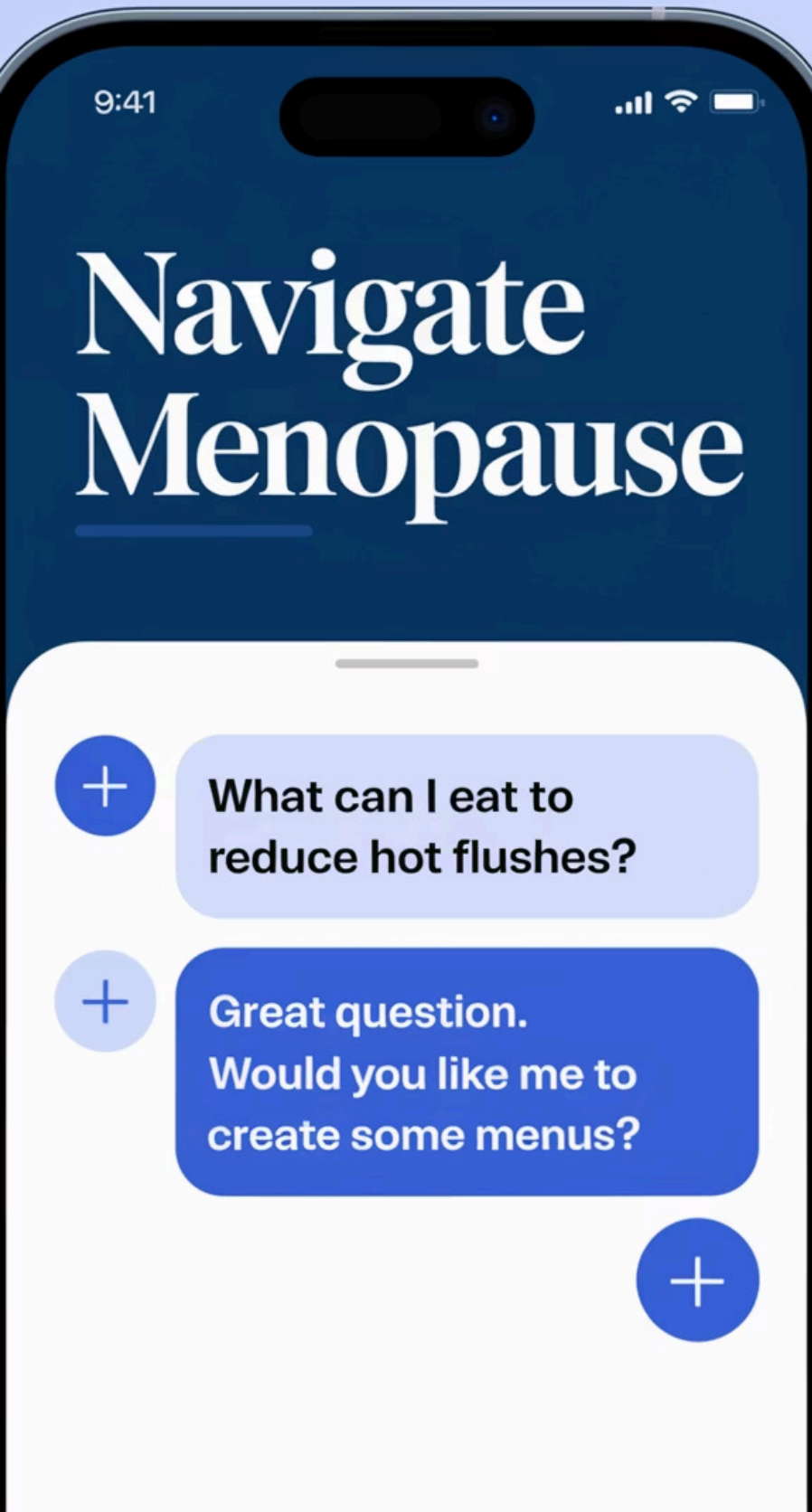


## Look for patterns

## Small lifestyle tweaks

Can make a big impact





## Try Navigate Menopause Free



"Give me a one-minute hot flash reset."

"What can I eat to reduce hot flashes?"

"Help me stay calm in the heat."

Need help in the moment? We're here 24/7. Ask things like: