

Sudden Crashing Fatigue in Females: Fatigue & Menopause

Women's bodies go through many changes during perimenopause and menopause. One of them is the abrupt loss of energy or extreme lethargy referred to as Sudden Crashing Fatigue. Females experience this as a sense of "crashing out" from overwhelming tiredness and fatigue. So how is it linked to menopause or perimenopause? Let's explore this in this post.



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Table of Contents

[Are You Experiencing Sudden Crashing Fatigue?](#)

[Is Perimenopause Tiredness Normal?](#)

[What Are the Symptoms of Menopause?](#)

[What Causes Crashing Fatigue in Menopause?](#)

[How to Manage Menopause Fatigue](#)

[Is There a Treatment for Menopause Fatigue?](#)



Are You Experiencing Sudden Crashing Fatigue?

Sudden Crashing Fatigue in females is the rapid onset of intense exhaustion and lethargy. It's a normal biological process that can include muscle weakness, hot flashes, and mood swings.

In many instances, it's linked to variations in estrogen levels that occur during menopause and perimenopause. In this phase, a woman's ovaries become less responsive to requests from the pituitary gland to increase estrogen production. Because of this, Sudden Crashing Fatigue in females is also referred to as perimenopause tiredness or menopause fatigue.

Other symptoms of Sudden Crashing Fatigue in females that accompany a deep sense of lethargy include:

- Brain fog
- Anxiety
- Insomnia and difficulty sleeping
- Feeling stressed and overwhelmed
- Weight gain and frequent feelings of hunger



Is Perimenopause Tiredness Normal?

Perimenopause tiredness happens due to a reduction in estrogen and progesterone hormones. Both hormones play a big role in the body's metabolism. And when levels of this hormone decline it leads to fatigue and extreme tiredness. In that sense, feeling tired is quite normal during menopause.

Declining hormones may also affect a person's sleep cycle. Many women report poorer sleep quality when they approach or enter menopause such as difficulty falling and staying asleep. Experiencing night sweats may also interrupt a normal sleep cycle and could leave someone feeling over-tired the following day.

Some women believe they'll only have menopause symptoms once their periods end, but symptoms can begin earlier. Many women have hot flashes, night sweats, sleep problems, fatigue, and other symptoms during perimenopause which is the period leading up to menopause.



There are, of course, other factors that may influence feelings of tiredness. For instance, reports show that 40% of work absences are the result of stress, which can exacerbate feelings of tiredness for people experiencing menopause tiredness.



What Are the Symptoms of Menopause?

Menopause is a biological female experience that refers to a point in time 12 months since a woman had her last period. The period leading up to that point is called perimenopause or menopause transition. Menopause usually happens to women in their forties or fifties and affects around three-quarters of the female population.

Estrogen and progesterone levels vary during perimenopause leading to sleep issues, changes in monthly cycles, and hot flashes. Menopause symptoms may also include:

- Irregular periods that happen closer together or last more than a week
- Vaginal changes including atrophy and infections
- Urinary problems
- Differences in hair growth such as thinning scalp or increased facial hair
- Mood changes, brain fog, depression and anxiety
- Bone loss



It's important to get professional medical advice if you're experiencing the symptoms of menopause. In some cases, menopause symptoms can overlap with other changes in the body such as problems with the thyroid, or even relate to an undiagnosed neurodivergence.



What Causes Crashing Fatigue in Menopause?

Menopause fatigue happens due to fluctuations in estrogen and progesterone levels. Rapid changes in estrogen can result in spikes and crashes that quickly deplete energy. This can affect the usual performance of the brain and disrupt sleeping patterns.

With progesterone, lower levels cause some women to become short-tempered and less able to relax. They can also cause a condition called sleep apnea, where sufferers stop breathing in their sleep. Managing these changes lies in finding an appropriate balance between the natural decline in estrogen levels and other hormones that can help regulate hormonal activity. Hot flashes during menopause can also lead to sleep disruption and cause you to wake up more often through the night.



How to Manage Menopause Fatigue

Most people will feel a sense of tiredness or fatigue after physical activity or a day of strenuous mental tasks. Or they may feel sleepy if they haven't slept or rested well enough. But perimenopause tiredness and menopause fatigue can come on at any time without cause or warning. And this can disrupt women's lives and impact their lifestyles.

Of course, other certain lifestyle habits can exacerbate the experience of menopausal fatigue and lead to :

- Unhealthy diet
- Dehydration
- Lack of sleep
- Excessive stress and worries
- Anxiety and depression
-

Managing these extra factors can help to reduce the impact of menopause fatigue. Eating and drinking well, getting enough sleep, and trying to reduce stressors or worries can help manage the condition.



It's also important to note that other physical changes may be contributing to perimenopausal fatigue like low thyroid or iron levels, both of which can cause similar symptoms. Anemia and Chronic Fatigue Syndrome (CFS) can also cause Getting checked out by a GP who can run appropriate tests, which may help with managing so many hormonal changes during this time.



Is There a Treatment for Menopause Fatigue?

Hormone Replacement Therapy (HRT) is helpful for many women who experience menopause fatigue and perimenopause tiredness. In practice, HRT replaces hormones lost during this period and may improve fatigue. Many women experience a reduction in hot flashes and improved energy levels. Women can take HRT in tablet form or as a topical gel or skin patch.

Alternative treatments for hormone replacement include SSRIs or SNRIs. These types of drugs can help to reduce hot flashes and night sweats, which may improve sleep. Paradoxically, both of these medications can cause insomnia in some people. It's worth discussing with a doctor to manage these effects and review the pros and cons. Other alternative treatments for menopause fatigue include:



- Good sleep hygiene and a regular bedtime
 - Getting enough regular, uninterrupted sleep may help to recover from hormonal changes. Setting a regular time to go to bed and wake up in the morning while avoiding exposure to technology before bedtime can make a difference.
- Maintaining healthy eating and drinking habits
 - Hormones can affect our metabolism and our weight. Setting out a regular eating schedule can help to keep hormonal activity more regulated. Planning specific food intake can help to manage fluctuations in energy levels and keep your body in optimal condition.
- Yoga and regular exercise
 - Some people find yoga can relieve menopause tiredness and release stress trapped in the body. It may also help to calm the nervous system, reduce anxieties, and help relieve symptoms such as hot flashes and joint and muscle aches.



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