

Progesterone blog Resources:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10241804/>

<https://academic.oup.com/jcem/article-abstract/96/4/E614/2720877?redirectedFrom=fulltext&login=false>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10117379/>

<https://www.sleepfoundation.org/physical-health/progesterone-for-sleep>

<https://www.taramd.com/post/progesterone-changes-in-perimenopause>

<https://drbrighten.com/progesterone-for-perimenopause/>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC3987489/>