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Health & Longevity
OBSERVATORY

Groundbreaking Global Study Underscores Overlooked Health Changes During Menopause

Exclusive and new data from connected health wearables company, Withings, highlights significant physiological shifts throughout women's menopausal journey, marking a global bodily revolution.

Boston, MA – June 12, 2025 – A new study from Withings, a global leader in connected health, highlights critical and often overlooked changes in women's health during menopause. Drawing from anonymized data from 1.12 million female Withings users worldwide, the analysis reveals significant transformations in sleep quality, body composition, and cardiovascular health that begin in perimenopause and persist through postmenopause.

This large-scale research – analyzed by Withings Observatory for Health and Longevity – provides some of the most comprehensive physiological insights to date on the impact of menopause, underscoring the importance of better awareness, monitoring, and support for women navigating this natural yet complex life stage. With this unique study, Withings reaffirms its commitment to advancing women's health research. The research aligns with a previous report on the under-diagnosis of hypertension and significant, avoidable cardiovascular mortality in women.

A cohort of 1.12 million women, including 872,045 women in the U.S. aged 20-80, uncovered a sustained disturbance in women's biometrics beginning at age 45 and continuing until the end of postmenopause at age 60. The study found shifts in:

- **Sleep patterns**
  - Women may experience up to a 33% increase in nighttime awakenings, averaging between 3 and 4 wake-ups per night
  - Sleep disorders, including insomnia and sleep apnea, increase by 374%
- **Body composition**
  - Abdominal and visceral fat naturally increase by 43%
- **Cardiovascular health**
  - Blood pressure rises by +3.384 mmHg, and the risk of cardiovascular diseases, like atrial fibrillation, increases by 293%

"Menopause is a pivotal but under-researched stage of a woman's life. Understanding the lasting impact of hormonal changes on key health indicators is crucial to addressing long-term health risks," said Dr. Lidia Derieu, a researcher in women's health. "Ongoing research, supported by insights from connected health devices, offers a unique opportunity to track daily changes and provide more personalized, effective care during this transition."

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As estrogen and progesterone levels sharply decline during menopause, women lose key hormonal protections that once supported heart, brain, and emotional health. This helps explain the rise in cardiovascular risk and tripling of depression rates during this transition. These changes often begin in perimenopause, highlighting the need for early awareness, medical support, and proactive lifestyle interventions. Physical activity emerges as a powerful tool, shown to reduce stress, sleep issues, and disease risk.[1]

“The most important thing for women to recognize is that these changes aren't a setback or an unchangeable fate. They’re a natural part of a powerful transition,” said Mathilde Chevalier-Pruvo, a health philosopher specializing in women's health at Withings. “Our data shows that with the right information and tools, women can take back control of their well-being and health, and feel more supported and connected to their bodies in this new chapter.”

While the drop in estrogen and progesterone can increase health risks like cardiovascular disease and depression, understanding these changes opens the door to meaningful support and action. Early awareness, regular check-ups, and lifestyle habits like physical activity can help women protect their heart, improve sleep, and boost emotional well-being.

Study Methodology:

This analysis was conducted using anonymized data collected by Withings connected health devices (smart scale, connected watch, sleep analyzer) between May 5, 2024, and May 5, 2025. The sample included over 1.12 million women from 52 countries, including 872,045 living in the US.

About Withings

Withings invented the first connected scale in 2009 and remains at the forefront of connected health. Its ecosystem of clinically validated, connected health devices is used by more than 12 million people worldwide in 40 countries. It includes connected scales, connected watches with watchmaking design, a sleep sensor, blood pressure monitors, and soon a urine analyzer. Entirely based in France, in Issy-les-Moulineaux, the technology, AI, and biomedical research teams work alongside renowned research institutes to enable medical-grade measurements at home, over time. Withings was the first to introduce vascular age and electrodermal activity measurements into homes: all ways to more accurately assess our health and promote a longer life. The design of each device is studied to integrate naturally into daily life, with the minimum possible actions. The Withings app and the Withings+ service provide daily motivation by tracking data over time and providing personalized advice to encourage lasting

[1] Hulteen RM, Marlatt KL, Allerton TD, Lovre D. Detrimental Changes in Health during Menopause: The Role of Physical Activity. Int J Sports Med. 2023 Jun;44(6):389-396. doi: 10.1055/a-2003-9406. Epub 2023 Feb 17. PMID: 36807278; PMCID: PMC10467628.

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