

The Brain Fog Checklist

For anyone whose thinking feels slower than it used to and who wants to rule out the ordinary causes before assuming the worst.

✓ CHECKED AGAINST CLEVELAND CLINIC, HARVARD HEALTH AND THE NATIONAL INSTITUTE ON AGING

1

It is a symptom

Cleveland Clinic defines brain fog as a group of symptoms causing cognitive impairment, not a disease in its own right.

2

Seven to nine hours

NIA sets adult sleep need at seven to nine hours a night and links poor sleep to memory problems and falls.

3

Check the cabinet

Harvard Health says foggyiness can be a common side effect of some medicines, prescription and over the counter.

1. Protect a Seven to Nine Hour Sleep Window

The largest single lever, and the one with the clearest numbers behind it.

WHY THIS WORKS

NIA states that adults of every age need about seven to nine hours a night, and that a lack of quality sleep leads to problems with memory, negative feelings and a higher risk of falls or accidents. Insomnia is the most common sleep problem in adults age 60 and older. Harvard Health links declining brain function to sleeping less than seven to eight hours, to fragmented sleep, and to sleep disorders such as insomnia and sleep apnea.

DO THIS WEEK

- ☐ Set one fixed wake time and keep it on weekends
- ☐ Keep phone, computer and television out of the bedroom
- ☐ Stop caffeine early in the day; avoid alcohol
- ☐ Keep a two week sleep diary to show your doctor

SOURCE: NATIONAL INSTITUTE ON AGING, SLEEP AND OLDER ADULTS; HARVARD HEALTH, CLEARING UP A FOGGY MEMORY

2. Take a Medicine Cabinet Inventory

The cheapest cause to rule out, and the one most often missed.

WHY THIS WORKS

Harvard Health quotes neuropsychologist Julie Brody Magid directly: if you are taking a new drug, either prescription or over the counter, ask your doctor or pharmacist whether it could be affecting your cognition. Over the counter matters here, because sleep aids and allergy medicines are drugs too.

DO THIS WEEK

- ☐ Photograph every bottle you take, including OTC
- ☐ Include sleep aids, allergy medicines and supplements
- ☐ Ask your pharmacist about effects on cognition
- ☐ Never stop a prescription without your doctor

SOURCE: HARVARD HEALTH, CLEARING UP A FOGGY MEMORY

3. Add Daily Movement and Real Breaks

Cleveland Clinic starts here before it starts with medication.

WHY THIS WORKS

Cleveland Clinic says there is no specific treatment for brain fog, and that a provider is likely to begin with better sleep habits, healthy and nutritious meals, 30 minutes of physical activity a day, writing important information down, and short breaks of about 30 minutes through the day to avoid overworking your brain.

DO THIS WEEK

- ☐ Get 30 minutes of physical activity most days
- ☐ Take a real break instead of switching tasks
- ☐ Write down appointments rather than trusting recall
- ☐ Eat regular meals; low blood sugar is on the cause list

EVERY CLAIM ABOVE, TRACED TO ITS SOURCE

Cleveland Clinic, Brain Fog · <https://my.clevelandclinic.org/health/symptoms/brain-fog>

Harvard Health, Clearing up a foggy memory · <https://www.health.harvard.edu/mind-and-mood/clearing-up-a-foggy-memory>

National Institute on Aging, Sleep and Older Adults · <https://www.nia.nih.gov/health/sleep/sleep-and-older-adults>

This content is educational and is not a substitute for professional medical advice, diagnosis, or treatment. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult your physician before making changes to your health routine.

Ageless Coach · agelesscoach.com · July 20, 2026