

Fractal Flow Mapping Checklist



**Is Your Home Draining or Recharging
You?**

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Discover How Your Home Impacts Your Midlife Brain

Welcome, midlife queen!

If your home feels chaotic rather than calming, this could be causing your perimenopausal or postmenopausal brain to overheat.

Hormonal changes can make your nervous system more sensitive to sensory input, such as harsh lights, loud echoes or dull décor, which can increase stress and mental foggyiness.

This neuropsychology-for-design grounded checklist helps you identify chaos zones (energy-draining spaces) versus coherence zones (calm-restoring spaces) across four sensory dimensions: Visual, Acoustic, Luminal and Tactile.

By mapping your home's sensory profile, you can pinpoint small changes with a big impact to create a sanctuary that supports your hormones.

Why This Matters

Research shows fractal patterns—nature's repeating designs like leaves or waves—can reduce stress by up to 44% and enhance focus by easing cognitive load.

This checklist guides you to test these principles at home, no renovation required.

How to Use

Answer the questions below for each room (bedroom, kitchen, living room and workspace). Score each sense, then calculate the total for each room.

Low scores indicate chaotic areas, while high scores suggest organised spaces. Try the micro-tests to promote calmness and record any changes over seven days.

Ready? Let's make your home your nervous system's ally!

Checklist Instructions

Choose a Room: Start with a high-use space (e.g., bedroom for rest, kitchen for energy).

Score Each Sense: For Visual, Acoustic, Luminal, and Tactile, answer the questions and assign points (0-2 per question).

Total the scores per sense and room.

Interpret Results

0-3 per sense: Chaos zone – sensory input likely spikes stress or fatigue.

4-6 per sense: Neutral – room neither drains nor recharges significantly.

7-10 per sense: Coherence zone – supports your brain and hormones.

Take Action: Use the micro-tests to address low-scoring senses. Retest after 7 days.

Track Progress: Journal to note mood, sleep, and focus shifts.

Fractal Flow Mapping Checklist

Room: _____ (e.g., Bedroom, Living Room)

1. Visual Fractals: Does Your Space Soothe Your Eyes?

Research shows mid-range fractal patterns (e.g., leaf motifs, wave designs) reduce stress by 44% by easing visual processing.

Is there a natural pattern (e.g., leaf, wave, wood grain) in textiles, art, or decor?

- Yes, prominent and organic (2 points)
- Minimal or subtle (1 point)
- None, mostly flat/solid colors (0 points)

Does the room avoid stark minimalism or chaotic clutter?

- Balanced with breathing space (2 points)
- Slightly cluttered or too bare (1 point)
- Overwhelming or sterile (0 points)

Do you feel less distracted after 10 minutes in this space?

- Noticeably calmer (2 points)
- No change (1 point)
- More distracted (0 points)

Are shelves/arrangements curated with natural flow (not rigid grids)?

- Organic, varied layout (2 points)
- Mixed or inconsistent (1 point)
- Rigid or chaotic (0 points)

Is there a view or image of nature (e.g., plants, landscape art)?

- Clear natural element (2 points)
- Indirect or small (1 point)
- None (0 points)

Visual Score: ____/10

Micro-Test: Swap one flat item, such as a pillow, for a textile with a nature-inspired pattern, such as a leaf or wave design.

Sit for 10 minutes each day and take note of your distraction levels. Example: Try a leafy throw from our mood board.

NOTES:

2. Acoustic Fractals: Does Your Space Sound Restful?

Nature sounds with fractal variability (e.g., rain, wind) speed stress recovery by 37% compared to urban noise.

Does the room have sharp or mechanical noises (e.g., hums, traffic)?

- Quiet or natural sounds dominate (2 points)
- Some intrusive noise (1 point)
- Frequent harsh sounds (0 points)

Are echoes softened by textiles (rugs, curtains)?

- Well-dampened, soft acoustics (2 points)
- Partial dampening (1 point)
- Echoey or stark (0 points)

Can you hear subtle, natural sounds (e.g., wind, birds) or a soundscape?

- Natural or calming audio present (2 points)
- Neutral, no intentional sound (1 point)
- None or disruptive (0 points)

Does 20 minutes in this space feel less auditorily taxing?

- Noticeably quieter mind (2 points)
- No change (1 point)
- More irritated by sound (0 points)

Is there sound zoning (e.g., quiet sleep areas, ambient social spaces)?

- Clear zoning (2 points)
- Partial or inconsistent (1 point)
- No zoning, uniform noise (0 points)

Acoustic Score: ____/10

Micro-Test: Play a 20-minute loop of rain or the ocean during a task at a low volume. Add a textured rug to reduce echoes.

Take note of how often noises distract you.

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3. Liminal Fractals: Does Your Light Support Your Hormones?

Layered, dynamic lighting mimics nature, reducing sleep disturbances by 60% and supporting melatonin.

Are there multiple light sources (e.g., floor, table lamps) vs. one overhead?

- Three-point or varied lighting (2 points)
- One or two sources (1 point)
- Single harsh overhead (0 points)

Does evening light use warm/amber tones (not blue/white)?

- Warm, evening-friendly (2 points)
- Mixed or neutral (1 point)
- Bright white/blue (0 points)

Does morning light mimic daylight (natural or bulbs)?

- Bright, daylight-like (2 points)
- Partial or dim (1 point)
- No daylight cues (0 points)

Do you fall asleep faster in this room's evening light?

- Noticeably easier (2 points)
- No change (1 point)
- Harder to relax (0 points)

Does light shift dynamically (e.g., shadows, dimmers)?

- Natural, layered shifts (2 points)
- Static but varied (1 point)
- Flat, unchanging (0 points)

Luminal Score: ____/10

Micro-Test: Replace an overhead light with a warm table lamp with an amber bulb for evening use.

Track sleep latency over 7 days.

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4. Tactile Fractals: Does Your Space Feel Safe?

Natural textures boost vagal tone, calming the nervous system within seconds.

Are high-touch items (e.g., bedding, throws) natural (linen, wool, cotton)?

- Mostly natural materials (2 points)
- Mix of natural/synthetic (1 point)
- Mostly synthetic (0 points)

Does the room offer varied textures (smooth wood, soft fabric)?

- Rich, layered variety (2 points)
- Limited variety (1 point)
- Uniform or synthetic (0 points)

Do you feel less tense after touching items (e.g., throw, desk)?

- Noticeably relaxed (2 points)
- No change (1 point)
- More on edge (0 points)

Are rest zones (e.g., bed, chair) soft and organic?

- Soft, natural textures (2 points)
- Mixed or neutral (1 point)
- Hard or synthetic (0 points)

Can you perform a 30-second touch ritual (e.g., stroking a blanket)?

- Easy with natural items (2 points)
- Possible but limited (1 point)
- No suitable textures (0 points)

Tactile Score: ____/10

Micro-Test: Replace one synthetic item, such as a throw, with a natural fibre, such as linen or wool.

Stroke it for 30 seconds when you get home and note any changes in tension.

NOTES:

Room Total Score: ___/40

- **0-15: Chaos Zone:** This room is likely to exacerbate feelings of stress, mental fogginess, or fatigue. Begin by carrying out one micro-test for each low-scoring sense.
- **16-25: Neutral Zone:** This space is neither draining nor restorative. Prioritise tweaking two senses.
- **26-40: Coherence Zone:** This space supports your brain and hormones. Scale up what works!

Next Steps

- **Prioritise chaos zones.** Focus on the rooms or senses with the lowest scores. Start with one micro-test per room.
- **Journal Changes:** Use your journal to track your mood, sleep and focus over seven days.
- **Layer coherence:** Once one sense has improved, combine it with another (e.g. visual and tactile in a reading corner).
- **Join our community:** Sign up for Midlife Sanctuary Alerts to receive coaching updates and sensory design tips; or the paid Perimenopause Playbook Community to have access to exclusive guides, exclusive, live workshops and have your pressing design questions answered.
- **Work with me:** Explore our tailored services via the website www.lolade-ajai.com