

# Ovulation vs Period Timing

## Why Periods Feel “Late” (And Why Saunas Aren’t the Cause)

**Key Insight:** Periods aren’t delayed directly. Ovulation timing controls when your period starts.

Once ovulation happens, your next period usually arrives about 12–14 days later. If ovulation occurs later than usual, your period appears late. External heat, including sauna use, does not reset this timeline.

Cycle Factor	Normal Ovulation	Late Ovulation
Ovulation timing	On schedule	Happens later
Hormone shift	Predictable	Delayed
Period timing	On time	Feels late
Common cause	Natural rhythm	Stress or illness

## Where Saunas Fit In

Saunas raise body temperature temporarily and increase circulation and sweating. They do not stop ovulation or override reproductive hormones.

### *Heat vs Dehydration*

Symptom	Heat	Dehydration
Headache	Sometimes	Very common
Dizziness	Possible	Common
Fatigue	Mild	Common
Cycle delay	No	No

**Final Takeaway:** If ovulation shifts, your period shifts with it. Sauna heat doesn't change that timeline.