

# CYCLE LEVEL UP

## FRAUENGESUNDHEIT ALS RESSOURCE FÜR ENERGIE, FOKUS & LEISTUNG IM E-SPORT

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Performance in esports relies on precision, speed, strategy, and endurance – all requiring high physical and mental balance. While male hormonal cycles are relatively stable, female players experience continuous fluctuations affecting energy, focus, mood, and recovery. This variability is often misunderstood as inconsistency, but it is in fact a superpower that can optimize gameplay, communication, and overall performance. Awareness of the cycle allows female gamers to create a more stable and sustainable performance curve, transforming perceived limitations into strategic advantages. [Elorduy-Terrado et al., 2025]

The female cycle can be imagined as a dynamic performance framework, like a game that constantly restarts with shifting levels, modes, and challenges. Each phase offers unique resources, comparable to switching between teamplay and single-player modes. Some phases enhance collaboration, communication, and high-energy teamwork; others favor reflection, strategy planning, and solo-focused performance. Cycle awareness allows players to align training, practice, and competitive play with natural physiological rhythms, improving consistency while maintaining health. [Schlie et al., 2025]

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## Phases of the Cycle and Gaming Parallels

**1. Follicular Phase** – The Fresh Start Beginning with menstruation and continuing through the follicular stage, this phase is like the early game. Energy rises, creativity sparks, and curiosity increases. Players feel motivated to explore new strategies and take on challenges. Teamplay benefits from smooth communication and intuitive collaboration, while this phase is ideal for practicing skills, experimenting with tactics, and engaging in cooperative tasks. [Elorduy-Terrado et al., 2025]

**2. Ovulation Phase** – The Peak Ovulation resembles the mid-game power spike. Physical strength, focus, confidence, and social skills peak. Players are highly resilient and self-assured, making this phase ideal for competitive matches or tournaments. Team-based strategies are executed efficiently, and solo problem-solving or creative tasks are highly productive. [Schlie et al., 2025]

**3. Luteal Phase** – The Transition Following ovulation, the luteal phase mirrors late-game management. Energy may fluctuate, mood swings occur, and attention to detail is key. Reflection, structure, and task completion are prioritized. Solo work, analytical review, and focused training yield optimal results, while teamplay benefits from clearly defined roles and supportive communication. [Machado et al., 2025]

**4. Menstrual Phase** – The Reset The menstrual phase acts as a reset or cooldown. Physical energy may be lower, but intuition, mental clarity, and sensitivity increase. This is the time for recovery, reflection, and strategic planning for upcoming cycles. Solo-focused gameplay, reviewing past sessions, and preparing strategies for the next high-performance phase are most effective. Leveraging this phase helps stabilize long-term performance. [Amer et al., 2025]

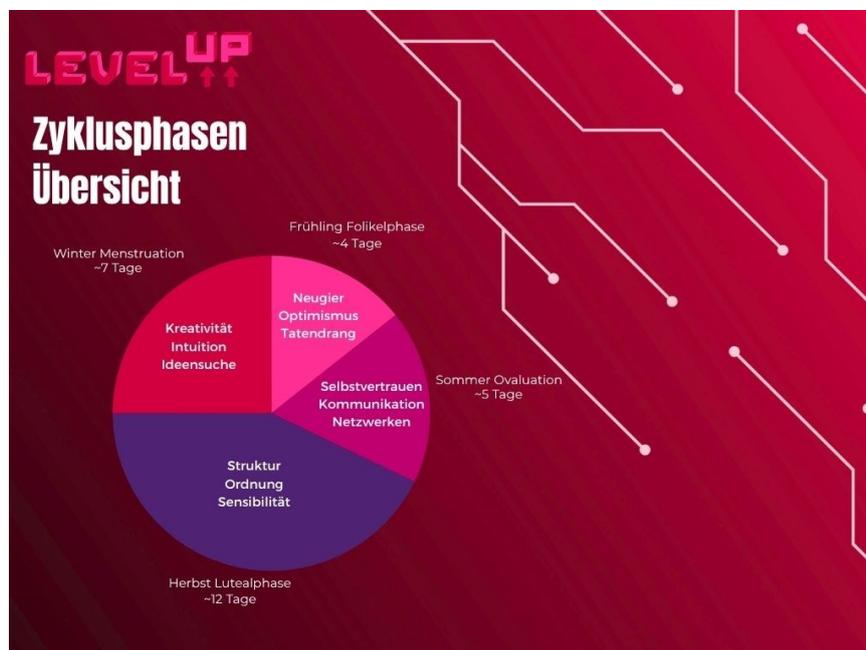


Figure 1. Phases of Cycle

## **Benefits for Esports Performance**

Understanding and aligning with the female cycle offers multiple advantages for esports performance. By synchronizing gameplay and training with natural energy peaks, players experience smoother performance curves, reducing frustration and the perception of inconsistency. Enhanced team communication arises from recognizing fluctuations in energy and focus, which improves collaboration—especially in team-based esports. Sustainable performance is achieved by planning high-intensity activities around peak phases, helping to prevent burnout. Improved self-management is possible during solo-focused phases, which support reflection, tactical planning, and creative problem-solving. Viewing the cycle as a valuable resource fosters empowerment and confidence, encouraging self-trust and motivation. For organizations and coaches, integrating cycle literacy into scheduling strengthens the entire ecosystem. Female players are no longer forced to work against their physiology; instead, they can leverage it for maximum benefit. [Schlie et al., 2025]

## **From Awareness to Action**

Cycle Level Up emphasizes that women's health is not a limitation but a powerful, underutilized asset. By aligning energy, focus, and performance with natural rhythms, female players can optimize both solo and team-based gameplay. Phases promoting teamplay enhance collaboration, while solo phases support strategy refinement, review, and innovation. This approach strengthens individuals and teams and encourages organizations to design schedules and support systems that value biological diversity. Cycle awareness thus provides a framework for sustainable, inclusive, and high-level esports performance – turning variability into a competitive edge.

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## **AI Disclaimer**

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## **About the Author**

Susanne Sammer is a pedagogical social companion and an expert in women's health in gaming and esports. Through her initiative "Level Up for Your Cycle," she connects topics such as balance, mindfulness, and empowerment with gaming, demonstrating how well-being and performance can go hand in hand. Her goal is to empower women, break taboos, and highlight innovative pathways for a healthy gaming culture. Susanne brings expertise in focus, energy, and mental balance to the stage and is passionately committed to the community—making her a true voice for change in esports.

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