According to the most recent national survey, the average life expectancy of Japanese women has increased to 86.4 years. The number of Japanese centenarians has increased to 54,397, and 87.5% of them are women. Japanese women could thus lead longer post-menopausal lives than ever before. However, menopause, defined in gynecological literature as the permanent end of menstrual cyclicity secondary to ovarian failure, encompasses much more than the cessation of menstruation; rather, it has multifaceted consequences. Psychological, socio-cultural, and environmental elements often affect women with undefined yet intricate complaints in the climacteric stage. The present study measured the behavior of autonomic nervous system activity—a crucial player in the integrity of mind-body connection and the functional driver of general health and wellness—among women (18-71 years, n=806) in different life-stages by using heart rate variability and investigated how and to what extent the menopausal state influences autonomic functions. This study further explored the effects of depression, a major menopausal symptom among Japanese women, on autonomic function in menopausal women. Results revealed that aging strongly affects autonomic function: Heart rate variability indicating total autonomic power and parasympathetic nervous system activity inevitably decline with age. The reduction of heart rate variability and parasympathetic nervous system activity became more apparent at the climacteric and post-menopausal stages. In addition, depression evaluated by the Profile of Mood States further deteriorated autonomic function in menopausal women. Finally, this study implies that autonomic nervous system activity evaluated by heart rate variability deserves attention for understanding mind-body health of women in different life-stages over an extended life.