the Sleep Charity

ADVICE SHEET

Menopause and sleep

As our hormone levels change with age, sleep can start to feel more disrupted - and frustratingly, poor sleep can also affect our hormones. It can quickly become a cycle that's hard to break.

Sleep affects around **10 different hormones** in the body. When these shift, they can influence everything from appetite and mood to heart health and even fertility.

Menopause & Insomnia

Most people experience the occasional sleepless night, but menopause-related insomnia can last much longer - sometimes weeks, months, or even years without the right support.

During peri- and post-menopause, many women struggle to fall asleep or stay asleep. Hot flushes, night sweats, restless legs, trips to the bathroom in the night and breathing issues like sleep apnoea can all interrupt rest.

Lack of good-quality sleep can affect every part of life. It's common to also experience low mood, anxiety, irritability and daytime fatigue.

Tips for Better Sleep During Menopause

- Keep a **regular sleep routine** and give yourself time to wind down before bed
- Keep your bedroom **cool** and choose **light cotton bedding** and **nightwear**
- Avoid raising your body temperature before bed - try to **steer clear of late heavy meals, spicy food** and **alcohol**
- Eat a **healthy, balanced diet**
- Stay active with **regular exercise**
- **Avoid smoking**
- Try relaxation techniques like **deep breathing, meditation** or **mindfulness** to help calm a busy mind
- **Speak to your GP** if sleep problems continue or affect your daily life. Treatments such as **hormone replacement therapy (HRT)** may help

the national sleep helpline **03303 530 541**

For more information visit
thesleepcharity.org.uk