the Sleep Charity

ADVICE SHEET

Menopause and sleep

Why sleep changes

Hormone changes during menopause can make sleep harder

Poor sleep can also affect your hormones

This can **create a cycle** that's hard to break

How lack of sleep affects you

Sleep problems can change **appetite, mood, heart health** and **energy levels**

You might feel more **anxious, low** or **very tired**

Menopause & Insomnia

Many women in **peri and post menopause** struggle to fall asleep or stay asleep

Hot flushes, night sweats and **needing to pee** at night can wake you up

Restless legs or **breathing problems** (like sleep apnoea) can also disturb sleep

Simple Tips to Sleep Better

Keep a **regular sleep schedule**

Wind down before sleep

Keep your **bedroom cool**

Use **light cotton** bedding

Avoid **alcohol, spicy food** or **large late meals**

Eat **healthy foods**

Exercise regularly

Don't smoke

Try calming activities like **deep breathing** or **mindfulness**

See your GP if sleep problems continue - treatments like **HRT** may help

For more information visit
thesleepcharity.org.uk