

HOLISTIC HACKS TO MASTER YOUR MENOPAUSE

GET QUALITY SHUT EYE

What's Stopping You Achieving it?

Poor sleep is common during perimenopause in particular, due to lower levels of progesterone, oestrogen, and melatonin.

Common sleep issues include:

- Trouble falling asleep
- Trouble staying asleep/unable to get back to sleep
- Waking frequently
- Lack of restorative sleep - waking feeling unrefreshed
- Night sweats disturbing sleep

Why You Need It

Getting good quality sleep during menopause will:

- ✓ Improve concentration, memory, and mood
- ✓ Reduce fatigue and stress
- ✓ Improve your sex drive
- ✓ Boost your immune system
- ✓ Improve your ability to maintain a healthy weight and avoid cravings



Sleep Well and Wake up Energised

- Re-set your Circadian rhythm:
 - ✓ Aim to get 30 minutes of daylight (sunlight if possible) as early in the morning as you can
 - ✓ Digital detox at least 60-90 minutes before bedtime
- Avoid eating within at least 2 hrs of bedtime
- Steer clear of caffeine and alcohol in the evening
- Aim to be in bed by 10 p.m.
- Create a relaxing routine that signals the brain it's time for sleep
- Create a menopause friendly sleep environment
 - ✓ Keep the room at a comfortable temperature
 - ✓ Eliminate any artificial light
 - ✓ Only use natural fibres
- Use breathing techniques to help you fall asleep

