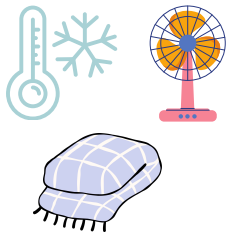


5 SCIENCE-BACKED TIPS FOR BETTER SLEEP DURING PERIMENOPAUSE



Sleep issues can be common during perimenopause. If your sleep distresses you in any way, always be sure to reach out and discuss them with a qualified clinician.

1 MAINTAIN A COOL TEMPERATURE IN YOUR SLEEPING ENVIRONMENT.



Consider sleeping with several layers of bedding that you can add or remove if you experience temperature fluctuations like hot flashes. Keeping extra blankets (or a fan) right by the bed rather than across the room can help avoid extra trips up out of bed.

The Science: The body naturally drops its core temperature to initiate and sustain sleep¹. The National Sleep Foundation recommends keeping your bedroom between 60-67 ° F².



2 KEEP A CONSISTENT SLEEP SCHEDULE.

Aim to go to bed and wake up around the same time every day, even on weekends.

The Science: Maintaining a consistent sleep schedule and pattern supports circadian health and better sleep quality³.



3 GET REGULAR MOVEMENT IN.

Weight-bearing and aerobic activities (as they are safe and tolerated) help promote health, mood, and libido⁴.

The Science: Many exercise types are studied to improve sleep quality and insomnia symptoms in perimenopausal women⁵.

5 SCIENCE-BACKED TIPS FOR BETTER SLEEP DURING PERIMENOPAUSE



4

AVOID COMMON BLADDER IRRITANTS AND LIMIT FLUIDS IN THE HOURS LEADING UP TO BEDTIME.

Avoiding bladder irritants and excess fluids may help you wake up to pee less at night. Common bladder irritants can include alcohol, cigarettes or tobacco, and cola drinks⁶.

The Science: Changes to urinary habits, like increased urgency, are common in perimenopause. This is due to changes in hormones that support important tissues and muscles in the urinary tract⁷.



5

PRIORITIZE RELAXATION AND MINDFULNESS IN YOUR BEDTIME ROUTINE.

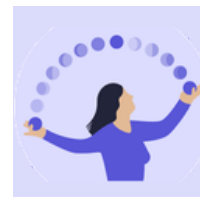
Meditation can help promote deep relaxation. Incorporating other calming activities like a warm bath or reading can help signal to your body over time that it's time to prepare for sleep.

The Science: Mindfulness practices like meditation are studied to be effective in improving sleep quality and symptoms of depression/anxiety in perimenopausal women^{8,9}.

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