

The Importance of Sleep during the Menopause

Sleep is so important however during the menopause this is often disturbed, the main contributors to this are hot flushes and sweating.

This is believed to be due to the levels of the hormones oestrogen and testosterone. Low oestrogen levels can lead to sleeping problems but also enhance symptoms such as fatigue, difficulty concentrating, headaches, weight gain, and mood changes.

A drop in progesterone levels can also affect sleep as it increases the production of another chemical in our brain that functions to help sleep. Progesterone can also improve relaxation and mood however a drop in progesterone levels can lead to symptoms such as anxiety, restlessness and trouble sleeping.

Sleep is essential to maximise your health. If you are having issues there are some different ways that can help including looking after your nutrition, exercise and physical wellbeing.

Night time routines and consistency are key to promoting good sleeping patterns. Consistency improves quality and quantity of your sleep. Things to look at include the temperature of your room, being slightly cooler aids sleep over being too warm.

External factors that can be addressed are factors such as stress, blue light, caffeine and alcohol consumption. Exercising and moving your body is also essential in helping to promote sleep.

You can look at other options such as HRT, magnesium and vitamin B. I would always recommend consulting a Doctor before taking any supplements or treatments.

Having enough sleep will promote your ability to concentrate and focus, rationalise situations, control hunger and improve your immunity.