



5 TOP TIPS TO SUPPORT SLEEP DURING MENOPAUSE



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1. Reduce Stress - One of the best proven stress relievers is mediation, but if this feels a bit overwhelming, just try some simple breathing exercises to start with.



2. Aim to be in bed at the same time every night - creating a regular bedtime will help calm and balance your body.



3. 30-minute wind-down time - create a wind-down transition time to allow your brain and body to slow down, which then allows sleep hormones to take over. Do something you find relaxing. A warm bath, listening to soft music, reading.



4. Enjoy a relaxing bath - taking a warm bath with Epsom salts, before bed, can really help you and your muscles to relax and unwind.



5. Avoid alcohol - Alcohol will disrupt your circadian rhythm and the rapid eye movement (REM) phase of your sleep cycle.