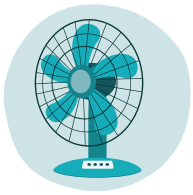
10 Tips to Improve Sleep During Menopause



Keep your bedroom cool
Aim for a temperature between 60°F and 67°F (16°C and 19°C) to prevent night sweats and promote better sleep.



Use cooling bedding
Choose moisture-wicking sheets and cooling mattress pads to help regulate your body temperature.



Create a dark, quiet space
Use blackout curtains, remove clocks, and try earplugs or white noise to block disruptions.



Practice relaxation techniques
Try deep breathing, gentle yoga, or meditation before bed to calm your mind.



Avoid late meals
To help prevent digestive discomfort, don't eat within 2 hours of bedtime.



Wear breathable sleepwear
Choose lightweight, loose-fitting pajamas made from natural fabrics like cotton or bamboo.



Watch what you drink
Avoid caffeine within 6 hours of bedtime and limit alcohol. Stay hydrated, but reduce fluids before bed.



Stick to a sleep schedule
Go to bed and wake up at the same times daily to regulate your body's internal clock.



Prepare for night sweats
Keep water and a small towel nearby and layer bedding for easy temperature adjustments.



Exercise regularly
Get 30 minutes of moderate activity daily, but finish at least 3 hours before bedtime.

*These tips may help manage menopause-related sleep disturbances, but talk with your doctor if sleep problems persist or significantly affect your quality of life.