



Menopause Symptom:

Sleep Disturbances

Sleep disturbances during menopause often include trouble falling asleep, waking frequently, or not feeling rested. These disruptions can be triggered by night sweats, anxiety, or other menopause-related symptoms.

Helpful Tips for Managing This Symptom

Create a Routine: Keep a consistent bedtime and wake-up time.

Limit Stimulants: Avoid caffeine and heavy meals before bed.

Unwind: Practice relaxation techniques, such as light stretching or reading.

Stay Cool: Keep your bedroom cool to improve sleep quality.

When to Seek Help:

If sleep problems persist or cause extreme fatigue, talk to your doctor about sleep aids or other solutions.

Managing Sleep Disturbances

Sleep disturbances can make menopause symptoms worse. Use this worksheet to track your sleep patterns and explore strategies to improve your rest.

Track Your Sleep Disturbances

Record the time and frequency of your sleep issues for one week.

Day	Intensity					Time	Notes (e.g., what triggered it?)
	1	2	3	4	5		
	1	2	3	4	5		
	1	2	3	4	5		
	1	2	3	4	5		
	1	2	3	4	5		
	1	2	3	4	5		
	1	2	3	4	5		

Implementing Sleep Management Strategies

Check off each strategy as you implement it, and evaluate which work best for you.

Strategy to Implement
<input type="checkbox"/> Keep a consistent sleep schedule by going to bed and waking up at the same time.
<input type="checkbox"/> Limit caffeine and heavy meals before bed.
<input type="checkbox"/> Create a relaxing bedtime routine, such as reading or listening to calming music.
<input type="checkbox"/> Practice deep breathing to help your mind and body unwind before sleep.
<input type="checkbox"/> Limit screen time at least one hour before bed.
<input type="checkbox"/> Adjust the room temperature to keep your bedroom cool and comfortable.

Tip: Try using more than one strategy at a time to see what works best for reducing sleep disturbances.