



Menopause Symptom:

# Night Sweats

Night sweats are episodes of heavy sweating during sleep that can disrupt your rest and make you feel uncomfortable. These episodes are often linked to hot flashes and can lead to fatigue from poor sleep quality.

## Helpful Tips for Managing This Symptom

**Cool the Room:** Use a fan or open windows to keep your bedroom cool.

**Breathable Bedding:** Use moisture-wicking sheets and light fabrics.

**Sleepwear:** Wear loose, lightweight pajamas for comfort.

**Stress Management:** Practice relaxation techniques to reduce night sweats.

## When to Seek Help:

If mood swings cause significant distress, depression, or anxiety, or if you feel unable to cope emotionally, seek support from a mental health professional or healthcare provider.



# Managing Night Sweats

Night sweats can interfere with your sleep and make you feel uncomfortable. This worksheet will help you track when they occur and implement strategies for managing them.

## Track Your Night Sweats

Record the frequency and intensity of your night sweats over one week.

Day	Intensity					Time	Notes (e.g., how it impacted your sleep)
	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 Night Sweat Management Strategies

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

Strategy to Implement
<input type="radio"/> Use lightweight, moisture-wicking sheets to keep cool and dry.
<input type="radio"/> Wear breathable sleepwear to allow air circulation and minimize sweating.
<input type="radio"/> Keep a fan or cool cloth next to your bed to manage temperature spikes.
<input type="radio"/> Stay hydrated by drinking water before bed and keeping water nearby.
<input type="radio"/> Avoid spicy foods or alcohol before bed to reduce night sweats.
<input type="radio"/> Keep your bedroom cool by adjusting the thermostat or opening a window.

**Tip:** Try using more than one strategy at a time to see what works best for reducing your night sweats.