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Life's Essential 8 *for Menopause*

Reclaim Your Rest



Sound sleep during menopause may feel non-existent, but it is important to your heart and brain health. Hot flashes, changes in hormones, and stress or emotional challenges can make it harder to sleep during menopause. Reducing these symptoms can help you rest easy during this transition.

Where to Start

Most adult women need 7 to 9 hours of sleep each night. Quality sleep helps support a good cardiovascular system, reduces brain fog, is good for weight loss, and strengthens your immune system.

What to Enjoy More of

- Cool and cozy. Set your bedroom to a comfortable temperature and create a space that is quiet and dark to help prepare your body and mind to sleep.
- Exercise. Regular physical activity helps you fall asleep faster at night and makes sleep more restorative. However, because exercising raises your heart rate and temperature, working out in the evening may make it harder to fall asleep afterwards.
- Talk to your healthcare professorial if you are having trouble sleeping. An underlying health issue could be contributing to your symptoms or if hormone therapy, may be right for you.

What to do Less

- Screen time and scrolling before bed. Stop screen time at least an hour before bed. Try setting screen time limits to prevent the urge to scroll after-hours emails, social media, or play games.
- Caffeine and alcohol. These drinks affect your nervous system and can disrupt your sleep, especially if you drink them late in the day or evening.
- Large and spicy meals. This could cause acid reflux, indigestion and raise your body temperature.



GoRedforWomen.org/Lifes8Menopause

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