



NATURAL
MENOPAUSE
SUPPORT

SLEEP

Your guide to improving sleep quality and quantity



SLEEP ISSUES IN MENOPAUSE

- Many women who previously may have experienced good sleep can all of a sudden experience sleep disturbances
- Symptoms of sleep disturbance – waking more frequently, difficulty falling asleep, unrefreshed in the morning, restless legs at night.
- 61% of menopausal women report feeling dissatisfied with their sleep.
- Your hormones have a role in sleep so supporting these may improve your sleep quality.
- In the meantime, there are herbs and nutrients which may improve your sleep quality.



WHAT IS GOING ON?

- Sometimes, sleep problems aren't related to menopause. This can be a time of life that is often very busy. In this case, treating stress can be most helpful.
- Sleep may be disturbed by other menopausal symptoms such as hot flashes, or unrelated to these.
- Snoring may be more common after menopause, which may be a sign of sleep apnoea.
- Changes in both oestrogen and progesterone can cause sleep problems.
 - Oestrogen deficiency can cause sleep maintenance insomnia
 - Progesterone deficiency can cause sleep onset problems. This is more common in the earlier stages of menopause.



5 REASONS YOU WANT GOOD SLEEP

1. Poor sleep = poor food choices
2. Sleep in when your immune system learns
3. Better mental health and cognition
4. Better skin
5. Less pain



NATURAL TREATMENT

*Different
for
everyone*



1 – HOT FLUSHES & NIGHT SWEATS

Helpful herbs:

Motherwort

Sage

Lavender

Black Cohosh

▪ Hops

Zizyphus

Tips and tricks:

Keep a handheld fan by your bedside table
If you're prone to strong sweats, put a towel underneath you so that you can remove this after a bit sweat

Put multiple thinner blankets on the bed you can remove rather than a bigger doona

Try a cooling pillow cover

Avoid alcohol



2 – RESTLESS LEGS

- Nutritional considerations:
 - Magnesium
 - Calcium
 - Iron
 - B6
- Helpful herbs:
 - Kava kava
 - Californian poppy
 - Valerian
 - Cramp Bark



3 – RACING HEART

- Motherwort
- Hops
- Lemon balm
- Lime flowers
- Passionflower

- Magnesium



4 – ANXIETY

- Passionflower
- Californian poppy
- Motherwort
- Kava kava
- Skullcap
- Chamomile

- Magnesium
- B vitamins
- Glycine



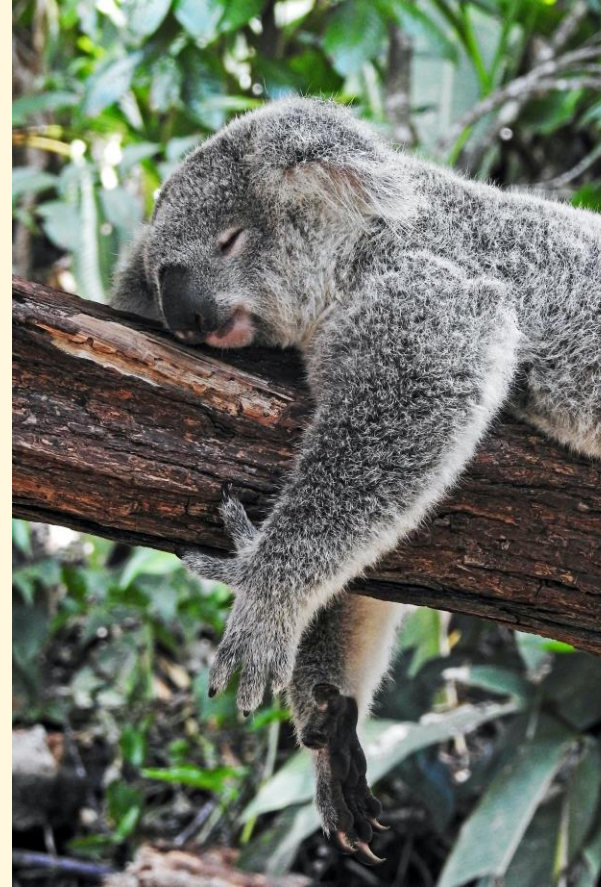
5 – CAN'T FALL ASLEEP

- Hops
- Kava kava
- Valerian or Mexican Valerian
- Californian Poppy
- Lavender
- Chamomile
- Lemon balm
- skullcap
- Magnesium and Calcium
- Journalling
- Melatonin and light therapy



6 – CAN'T STAY ASLEEP

- St johns wort
 - Passionflower
 - Chamomile
 - Skullcap
 - Kava
-
- Activated b vitamins
 - SAMe
 - Glycine
 - Journalling
 - Melatonin and light therapy



HERBAL MEDICINE

*To get to sleep and
stay asleep*



12



HERBS FOR SLEEP

St Johns Wort

- When you're sensitive to everything around you – noises, lights, smells, sensations
- Mood stabiliser
- Caution if on other medications that are processed through CYP450 pathway



HERBS FOR SLEEP

Hops

- Bitter
- Cooling
- Calming and sedating
- Phyto-oestrogen
- Soporific (supports sleep)



HERBS FOR SLEEP

Valerian

- Helpful for those who are physically tense
- Relaxes and sedates
- One of the most famous sleep herbs



HERBS FOR SLEEP

Kava Kava

- Relaxing, sedating
- Also helpful for UTIs
- Traditional Polynesian herb
- “non-drowsy”



MORE HERBS...

- Lemon balm
- Skullcap
- Chamomile
- Lavender
- Californian poppy
- Zizyphus



COMMON CONCERNS ANSWERED:

Will they make you groggy the next day?

- Of the herbs listed, those that have been researched have not been found to cause grogginess on waking.
- If you are taking higher doses of the stronger herbs this may be possible to occur, so we recommend increasing your dose slowly.

Will you become dependant on them?

- No dependency has been found in studies, nor in our clinical experience. If you find that sleep is your weak point, you may find that you will continue to need the herbs as you go through the peak of menopause, or as long as you have other sources of stress in your life.

Can I take them with other medications

- Theoretically some of the stronger herbs may potentiate the action of sleep medications. Because of this, Hops is usually advised against if you are taking antidepressants, antipsychotics or other sleep sedatives.



DIET

*What to include,
What to avoid*



FOODS TO INCLUDE

- Foods high in tryptophan: sea vegetables, turnip greens, cottage cheese, yoghurt, fish, turkey, eggs, lentils, soy beans, pumpkin seeds, sesame seeds, sunflower seeds.



FOODS TO AVOID

- Caffeine
- Alcohol
- Potentially:
 - spicy foods
 - Smoked meats
 - Salty foods



LIFESTYLE

Tips and tricks



22



CHECK YOUR BEDROOM

- Blockout blinds
- Eye pillow with lavender
- Turn off electrical appliances
- Move bed away from fuse box
- Turn wifi off before bed



LAVENDER AND HOPS EYE PILLOW

- Here's a great instructional video we found on youtube:
- <https://www.youtube.com/watch?v=zJpbcmHRUp4>



JOURNAL

- Notepad near the bed for night worries and thoughts
- Bullet journaling for those short of time
- To-do list or app
 - E.g. Things 3



OTHER LIFESTYLE TIPS

- Ensure adequate exercise
- Relaxation therapy or meditation and/or yoga
- Regular massage
- Relaxing warm bath before bed with Epsom salts, or lavender oil
- Use cool colours for bedroom walls and accessories
- Blue light blocking glasses
- No screen time 1-2 hours before bed



BEATING THE SWEATS

Tips and tricks to cope with hot flushes and sweats

- Handheld fan
- Dress in layers, and choose natural fibres
- Cooling pillow
- Towel under you in bed
- Cold drinks



CONVENTIONAL TREATMENT OPTIONS

- Hormone replacement therapy (HRT)
- Anti-depressants (SSRIs)
- Body identical hormonal therapy
- Hypnotics
- Melatonin





COMPLETE YOUR WORKSHEET

Next Module:
Cardiovascular Health