



The Sleep Survival Guide

Restful Nights in the Midst of Menopause

Brought to you by Navigate Menopause



Why Sleep Gets Disrupted

Hormonal shifts (especially estrogen and progesterone) affect:



Body temperature regulation



Melatonin production

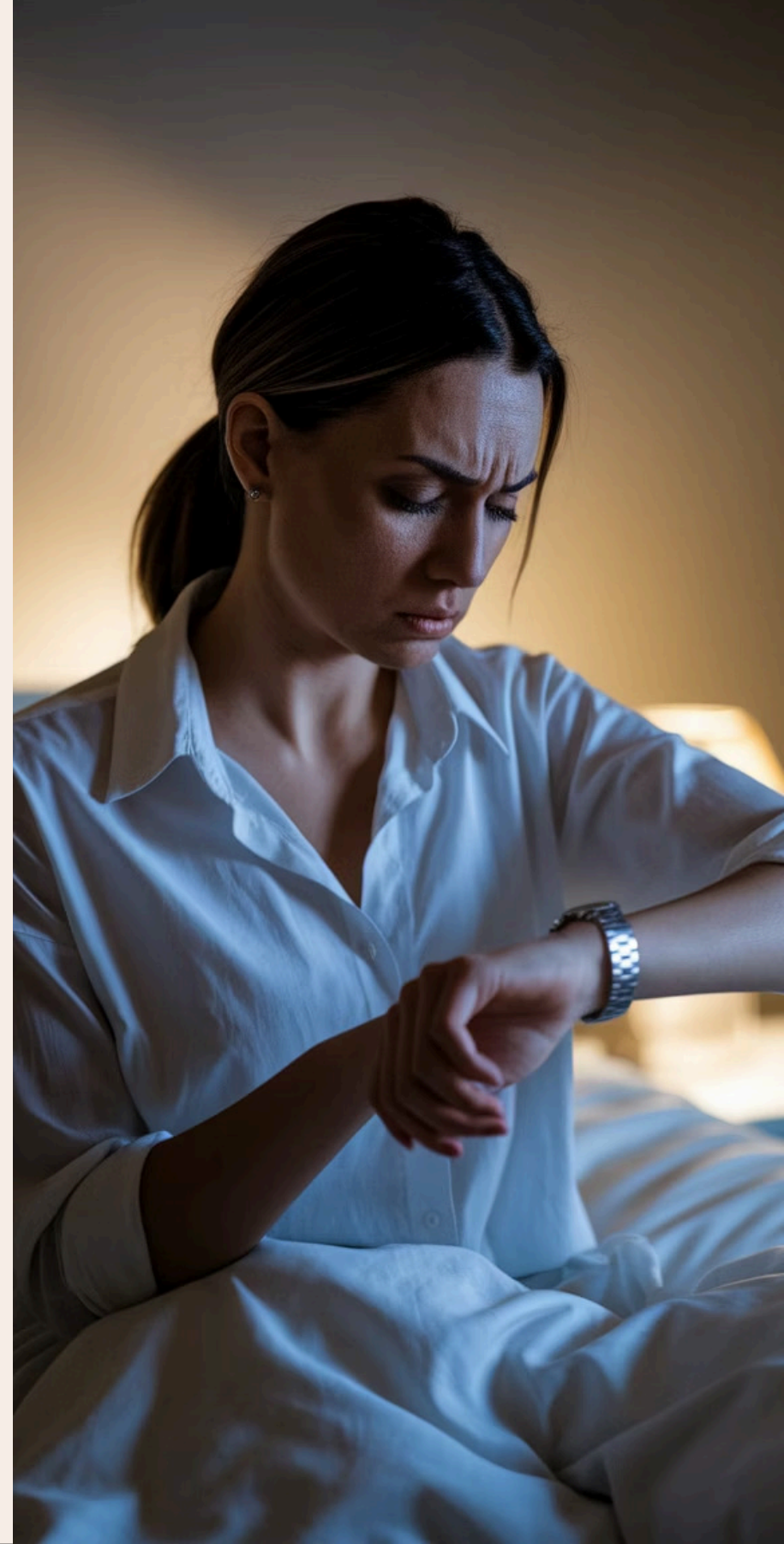


Anxiety levels



Bladder sensitivity

You're not imagining it — it's a real, biological shift.



Create a Sleep Sanctuary

Keep the room cool and dark

Use breathable sheets (cotton or bamboo)

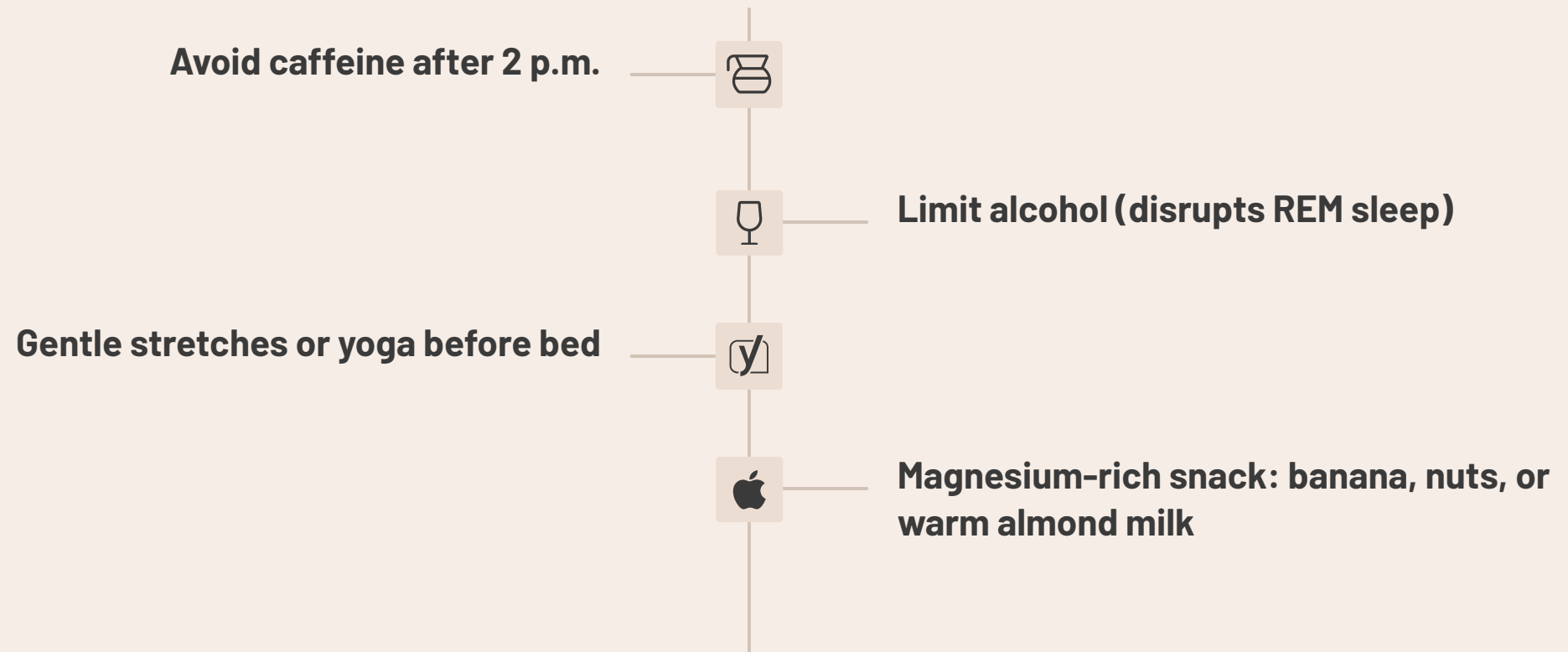
Reduce clutter and electronics

Try a calming scent like lavender or sandalwood





Prep Your Body to Sleep





Wind Down Your Mind

No screens 1 hour before bed

Avoid blue light that disrupts melatonin production

Journaling: "What I'm letting go of tonight..."

Release thoughts that might keep you awake

Try guided meditation or white noise

Ask Navigate Menopause: "Walk me through a bedtime wind-down."

Night Sweats: What Helps



Use a fan or cooling pillow

Creates airflow to reduce overheating



Keep water by your bed

Stay hydrated throughout the night



Sleepwear: moisture-wicking fabrics

Helps manage perspiration



Keep a change of clothes nearby just in case

For quick midnight changes



If You Wake at 3 a.m.

Don't panic. It's common.

Remember this is a normal part of menopause

Avoid picking up your phone or checking the time

Reduces anxiety and blue light exposure



Breathe in for 4, out for 6

Slow breathing activates relaxation response

Try progressive muscle relaxation

Tense and release each muscle group

Track & Tweak

Keep a sleep log for:

- What you ate
- Evening routine
- Wake-ups and triggers

Ask Navigate Menopause: "Help me create a sleep diary."



Try Navigate Menopause Free

Need calm at midnight or 3 a.m.? Try prompts like:



"Tell me a relaxing story."



"Give me a 1-minute sleep meditation."



"What can I do to cool down fast?"