



How Maven can help you handle sleep challenges during menopause

Menopause can affect many different parts of your life, from your sex life to your mental health. One of the worst? How it affects your sleep. Ugh. Read on to learn more about how menopause affects your sleep and how Maven can help you manage.



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What you need to know

- Menopause symptoms like hot flashes, frequently needing to pee, and insomnia can affect your sleep.
- Tools like breathable PJs, a nighttime routine, and cutting down on alcohol and caffeine may make a difference.
- Speak to a [Maven OB-GYN](#) about your symptoms and how to get better Z's.

Hot flashes and night sweats

Hot flashes can feel miserable enough during the day—so it seems like a cruel joke that they might affect your sleep at night, too. Try these tricks to keep cool at night:

- Wear breathable PJs. Natural fabrics like cotton and wool absorb moisture.
- Adjust your room's temperature. It might surprise you to learn that the recommended temperature for sleep is around 60-67 degrees.



Insomnia

Maven Mental Health Provider Linda O'Malley recommends starting a nighttime routine, which can help cue your body to wind down for bed.

- Shut down devices an hour before sleep.
- Light a candle or use an essential oil diffuser. O'Malley recommends lavender scents for relaxation.
- Drink a calming beverage. This could be a chamomile tea or water with lemon. Struggling with hot flashes? You can cold brew herbal tea, or simply serve it over ice.

Bathroom breaks

The hormones involved in menopause may make you need to urinate more often. If you find yourself waking up to pee, try these tips:

- Consider hormone therapy. According to the department of Urogynecology at the University of Colorado, hormone therapy—either pills, cream, or a vaginal ring—is an effective way to treat frequent urination.
- Practice pelvic floor exercises. Certain exercises may help with bladder control.
- Cut down on caffeine. We all know that caffeine affects your sleep, but it's also a diuretic—meaning it increases how much urine you produce.
- Limit how much alcohol you drink. Alcohol is also a diuretic. If you find that you're waking up more in the night when you've had a drink or two, consider cutting back for the sake of better sleep.

If menopause is affecting your sleep, you don't need to suffer through it alone. You can always [reach out](#) to a Maven OB-GYN to chat about physical symptoms that are bothering you, and a Mental Health Provider can help you with ideas on how to relax and unwind.



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