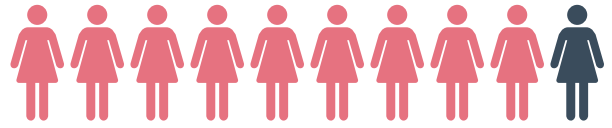




sleep & menopause

The menopause naturally occurs for women usually between the **ages of 45-55**

9 OUT OF 10

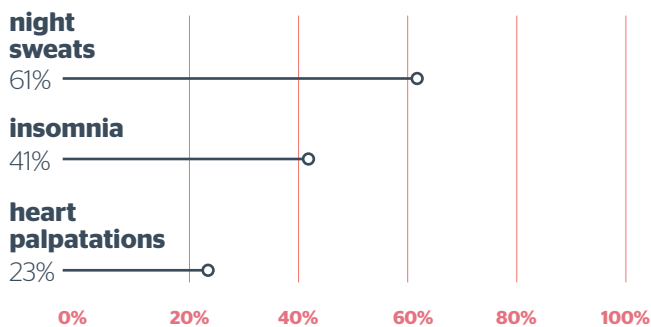


women experience menopause symptoms

55% of women feel there's a **stigma** in talking about the menopause

79% believe there isn't enough menopause related **support**

how is sleep disrupted?



2.7 average amount of times women wake up at night

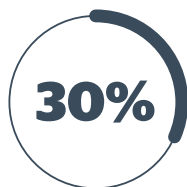
lost sleep per night **2hr 36min**

22 weeks of lost sleep (within average menopause course)

the impact of the menopause and lost sleep?



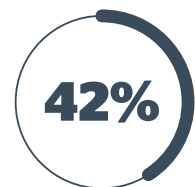
suffer from **confidence issues**



experience **relationship problems**



have issues with their **social life**



did not seek out a professional to help

how to sleep better during the menopause

Practice relaxation techniques to reduce worry

Avoid foam products

Talk to your GP

Avoid hot baths at bedtime

Maintain a regular **sleep & wake up pattern**

Keep a wet flannel next to your bed

Keep the bedroom temperature **no more than 19 degrees**

Sources

Silentnight One Poll survey of 2000 women experiencing the menopause, August 2022.
The Sleep Charity, Menopause and Sleep, 2020