

Sleep – beat the fatigue

Empowherpath

DISCOVER. RECOVER. RISE.



Sleep often goes haywire in perimenopause — thanks to fluctuating oestrogen, progesterone and temperature regulation. But with small, consistent actions which can help rebuild your sleep drive and calm your nervous system, sleep can be your peri-menopause superpower



Build Sleep Pressure - Get up at the same time each morning and get daylight on your face within 30 minutes. Morning light resets your body clock and helps adenosine — your natural sleep pressure chemical — build steadily through the day so you're ready for sleep at night.



Move During the Day – Aim for some form of movement, ideally before 3pm. Physical activity burns off stress hormones, raises body temperature (which then drops later and cues sleep), and support healthy adenosine levels.



Watch the Caffeine - Avoid caffeine if you can and certainly after midday. Caffeine blocks adenosine receptors and increases nervous system activity — so even if you're tired, your brain doesn't get the signal to sleep, and it can cause hot flashes and night sweats.



Cool your core - Keep your bedroom cool, layer breathable fabrics, and avoid hot baths too close to bedtime. Oestrogen affects temperature control — a cooler core helps your body release melatonin (the sleep hormone).



Wind down the mind – Create a '30' minute sleep cue – dim lights, stretch, journal or listen to calm music. It helps to lower cortisol before bed so it stops competing with melatonin and lets the nervous system relax. Try not to eat a late heavy meal, the body has to work to digest it.



Track what works – try supplements such as magnesium glycinate but take care not to overload your system with lots of supplements – you won't know which ones are benefitting you and which are not. Always consult a GP about supplements, especially if you take other medications.