

 **Patient to Do List for Women with Insomnia during the Menopausal Transition:**

* **Sleep Hygiene:**
	+ - * Limit Caffeine for 4-6 hours before sleep
			* Avoid Alcohol within 3 hours of bedtime
			* Maintain a consistent bedtime
			* Reserve the bedroom for only sleep and sexual activity
			* Establish a soothing routine for one hour before bedtime (bath, reading, low lighting)
			* Nap earlier in the day (no later than 5pm)
			* Exercise earlier in the day (not within 3 hours of bedtime)
			* Remove clocks from the bedroom or turn it away from your sight
			* Limit screens (cell phones, computers and tablets) for two hours before bedtime as they emit blue light which negatively impacts your natural melatonin production
* **Download a Smart Phone Application to help:**
	+ - * Calm (Sleep Stories- bedtime stories for adults)
			* CBT-I Coach
			* Relax Melodies (Sleep sounds, white noise)
* **Cognitive behavioural therapy for insomnia (CBTi):**

 <http://www.myshuti.com/>

 <https://www.cbtforinsomnia.com/>

* **Non-hormonal supplements and medications that may help:**
	+ - * Black Cohosh: isopropanolic black cohosh extract: 40mg/ day
			* Magnesium: 500mg/ day
			* Melatonin: 5mg/ day
* **Hormone therapy or Gabapentin** may help if you are waking from night sweats
* Consider a **sleep study** to rule out: obstructive sleep apnea, periodic limb movement disorder,

 restless legs syndrome, REM sleep behavior disorder

* If associated with depression or anxiety, treat this first.