

**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.