

# Sleep problems and the menopause

Sleep problems are common at the menopause and are exacerbated by vasomotor symptoms such as night sweats.

## Common sleep problems

Sleep problems commonly encountered at the menopause include:

- difficulty getting to sleep
- waking up too early
- waking up during the night due to hot flashes or night sweats
- poor-quality, non-restorative sleep
- sleep apnea
- restless legs syndrome

More evidence is needed from randomized controlled trials and cohort studies to better understand the impact of menopausal sleep disorders and improve treatment.

## How to help sleep problems

**Non-medical** strategies that should be adopted by women experiencing sleep problems include:

- following a regular **sleep schedule**
- optimizing the **sleep environment**, for example by adjusting the room temperature and bedding
- **avoiding caffeine** at night

**Medical** interventions include:

- hormonal and non-hormonal treatments for vasomotor symptoms
- cognitive-behavioral therapy for insomnia
- melatonin

## Further information

**National Institute on Aging. Sleep Problems and Menopause: What Can I Do?** <https://www.nia.nih.gov/health/menopause/sleep-problems-and-menopause-what-can-i-do#:~:text=Hot%20flashes%2C%20especially%20night%20sweats,sleep%20aids%20such%20as%20melatonin>

**Silvestri et al. (2019) Italian Association of Sleep Medicine (AIMS) position statement and guideline on the treatment of menopausal sleep disorders** <https://doi.org/10.1016/j.maturitas.2019.08.006>