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 flushes or night sweats
- poor-quality, non-restorative sleep
- sleep apnea
- restless legs syndrome

**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**


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