

Support for Women in Perimenopause & Menopause

INTRODUCTION

Sleep often becomes harder during perimenopause — not because you're doing anything wrong, but because hormones that regulate temperature, stress, and the sleep-wake cycle begin to fluctuate.

This simple 5-step routine helps calm cortisol, stabilise your nervous system, lower core temperature, and support deeper, more restorative sleep.

STEP 1 — Create a Cool, Calm Environment

60–90 minutes before bed

Do this:

- Dim lights or use warm lamps
- Reduce noise where possible
- Set your bedroom to 16–19°C
- Wear breathable cotton/bamboo pyjamas
- Turn on a fan or allow airflow

Why it helps:

Fluctuating estrogen makes your brain's thermostat more sensitive. Cooling your environment prevents temperature spikes that trigger night sweats.

STEP 2 — Screens Off, Slow Down

60 minutes before bed

Do this:

- Put your phone on charge outside the bedroom
- Avoid email, social media, or news

Choose calm activities:

- ✓ reading
- ✓ stretching
- ✓ journalling
- ✓ herbal tea

Why it helps:

Blue light suppresses melatonin. Emotional stimulation raises cortisol.

A calm mind → better sleep.

STEP 3 — Light Nourishment + Supplements

Support your body, don't stimulate it

Do this:

- Light evening meal (avoid spicy or heavy food)
- Magnesium glycinate 300–400 mg
- Herbal support if helpful: chamomile, lemon balm, passionflower
- Avoid alcohol
- Avoid caffeine after 2pm

Why it works:

Magnesium supports GABA (your calming neurotransmitter). Alcohol + heavy meals raise core temperature → worsen night sweats.

STEP 4 — Lower Core Body Temperature

Your body must cool down to fall asleep

Do this:

- Warm shower → step into cool room
- Keep ice water bedside
- Use a cooling pillow
- Choose light, breathable bedding
- Optional: light-weight blanket for nervous system support

Why it helps:

Temperature dysregulation is common in perimenopause. These steps support your body's natural sleep cycle.

STEP 5 — Calm the Nervous System

Final 5 minutes before bed

Choose one:

- ✓ 4–7–8 breathing
- ✓ Gentle stretching
- ✓ Legs-up-the-wall for 3–5 minutes
- ✓ Body scan meditation

Why it works:

These practices activate the parasympathetic nervous system, lower cortisol, and promote deeper sleep.

If You Wake at 2–4am

This is often a cortisol spike — very common during perimenopause.

Do this:

- Stay in low light
- Cool cloth on wrists or neck
- Slow breathing
- Quick pyjama change if needed
- Return to bed immediately
- Avoid:
 - ✗ Checking your phone
 - ✗ Turning on bright lights
 - ✗ Eating sugar to "settle" yourself