Mayo Clinic Minute: Managing sleep during menopause

Women typically go through menopause between the ages of 45-55. It's a natural biological process that marks the end of a woman's reproductive cycle. This transition can usher in many symptoms, including hot flashes, anxiety and difficulty sleeping.

Dr. Stephanie Faubion, director of Mayo Clinic Women's Health and medical director of the North American Menopause Society, says simple lifestyle changes can help women get a good night's sleep during menopause.

Video	Audio
	It's difficult to drift off into dreamland when dealing with hot flashes and night sweats. These are just some of the symptoms that women in menopause go through.
Stephanie Faubion, M.D. Women's Health Clinic Mayo Clinic 13:44-13:54 TRT: 10 sec	"I had one woman described that she sweated out her mattress, and the mattress molded because she was sweating so much at night. So, this can really be a significant problem, and it can disrupt sleep."
	Dr. Stephanie Faubion says hormonal fluctuations can affect the sleep cycle and sometimes cause insomnia. Mood changes and anxiety will also keep some women up at night, counting sheep.
	"We do know that hormone therapy does tend to help with a lot of those factors and does help improve sleep."
	Setting up a sleep routine is crucial for menopausal women. Simple things like limiting caffeine and screen time can make it easier to fall asleep.
	"Like making sure you get enough exercise but not right before bed, avoiding a heavy meal right before bed — those are some of the things that you can do to help maintain a good night's sleep."

	For the Mayo Clinic News Network, I'm Sonya Goins.