



Menopause Sleep Guide: How to Sleep Through the Night Naturally

by Teresa Todd Naturopath

Ever experienced this.....You roll over. Look at the clock. **2:07 AM. Again.....**

You toss, turn, kick off the covers, then pull them back up. Your mind is racing—work, family, that thing you forgot to do yesterday, and what you must do today! And just like that, **you're wide awake**, exhausted, but unable to fall back to sleep.

Sound familiar?

If you're in **perimenopause or menopause**, this **frustrating cycle isn't just in your head**. Your body is going through major hormonal shifts that can throw sleep completely off balance—leaving you tired, cranky, and running on empty.

But here's the good news: you can fix this, naturally.

This guide will show you exactly why your sleep has changed and what you can do to get back to deep, restful nights—without medication or frustration. Let's dive in.....

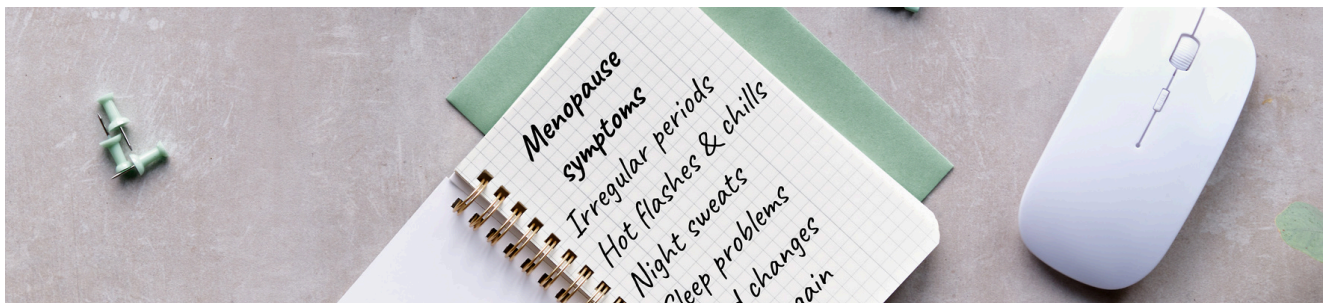
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Why Menopause Disrupts Your Sleep

If you wake up at 2 or 3 AM, tossing and turning, or feel **exhausted even after a full night in bed**, you're not alone. Menopause and perimenopause dramatically shift your hormones, which can lead to:

- Trouble falling asleep
- Waking up in the middle of the night (especially between 2-4 AM)
- Hot flashes & night sweats
- Racing thoughts & anxiety before bed
- Feeling exhausted, even after sleeping
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The good news? **You can fix this naturally.** This guide will show you why it's happening and how to get your sleep back on track.



Step 1: Balance Your Blood Sugar Before Bed

One of the biggest (but least talked about) causes of night-time wake-ups is blood sugar instability.

If blood sugar drops too low while you sleep, your body releases cortisol and adrenaline—waking you up with a racing heart and busy mind.

A protein-based snack before bed can stabilise blood sugar and prevent those adrenaline spikes.

Try These Bedtime Snacks:

- 1 tbsp almond or peanut butter on a celery stick
- A handful of almonds or walnuts
- A boiled egg
- Greek yoghurt with a sprinkle of seeds
- A slice of cheese with cucumber

Avoid sugary foods, alcohol, or caffeine at night—they create spikes and crashes, making wake-ups more likely.

Step 2: Support Your Progesterone Levels

Progesterone is your natural sleep hormone—it calms the brain and helps you fall into deep, restorative sleep. But during perimenopause and menopause, progesterone drops dramatically, which can lead to:

- Restless sleep
- Waking up in the night
- Anxiety before bed

Natural Ways to Boost Progesterone & Sleep Quality:

- Magnesium Glycinate before bed – helps relax your nervous system
- Paeony – a herbal remedy that supports progesterone levels
- Passionflower or Chamomile tea – both help calm the brain before sleep

Avoid blue light before bed—phones, tablets, and TV screens block melatonin (your sleep hormone)

Step 3: Keep Your Bedroom Cool & Comfortable

A big reason women wake up during menopause? Overheating.

As estrogen levels drop, the body loses its ability to regulate temperature. This can trigger night sweats and hot flashes that wake you up.

How to Cool Down for Better Sleep:

- Keep your bedroom between 15-20°C
- Sleep with breathable cotton or linen bedding
- Use a fan or cooling mattress pad
- Take a cool shower before bed

Avoid alcohol and spicy foods at night—both can trigger hot flashes.



Step 4: Reset Your Sleep-Wake Cycle Naturally

Your body has an internal sleep-wake clock (circadian rhythm), which menopause can throw off balance.

To restore deep sleep, your body needs a strong signal of when to be awake and when to rest.

How to Reset Your Sleep Cycle:

- Get 10-15 minutes of sunlight in the morning – this tells your body when to wake up.
- Keep a consistent sleep schedule – going to bed and waking up at the same time helps regulate your hormones.
- Avoid screens (phones, TVs) 60 minutes before bed – blue light blocks melatonin, making it harder to fall asleep.

Avoid sleeping in late on weekends—this confuses your internal clock and makes Monday mornings harder.

Step 5: The Best Supplements for Menopause Sleep

If you need extra support, these supplements can help (Remember to get advice about what is best for you):

- Magnesium Glycinate - Relaxes muscles and the nervous system
- Ashwagandha – Can help reduce cortisol and stress-related sleep issues
- Melatonin - Can help reset sleep cycles (short-term use only)
- Passionflower or Chamomile Tea – can help relax the brain before bed

Avoid over-the-counter sleeping pills—they don't fix the root cause and can leave you feeling groggy.

Your Night-Time Routine for Better Sleep

- **1 Hour Before Bed:** Turn off screens, dim the lights, and start winding down
- **30 Minutes Before Bed:** Sip on herbal tea and take your supplements.
- **Bedtime:** Keep the room cool, get comfortable, and focus on deep, slow breathing.

Bonus Tip: If you wake up at 2 AM, **don't stress!** Get up, stretch, read a book, or do deep breathing—forcing sleep can make it worse.

My personal tip is to look at the clock and think, YAY! I have another 3 hours of sleep when I go back now... I changed the stress into a positive aspect, which has helped me!



Final Thoughts: You CAN Sleep Through the Night Again

Menopause might change your hormones, but it doesn't mean you have to struggle with sleepless nights forever. With the right nutrition, lifestyle, and natural remedies, you can wake up feeling rested, energised, and like yourself again.

Want more personalised sleep support?

Book your **FREE Wellness Review Session**

Let's create a personalised plan that works for you!

Let me know—what's your biggest sleep challenge right now?

- Teresa Todd Naturopath

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