

SLEEP RESTORATION PROTOCOL

Evidence-Based Strategies for Better Sleep
During Perimenopause and Beyond

Complete 18-Page Protocol Including:

- Sleep hygiene optimization
- Bedroom environment setup
- Relaxation techniques
- Hormone-friendly sleep aids
- Weekly sleep tracking sheets
- Emergency sleep rescue plan

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Chapter 1: Understanding Menopause Sleep

Hormonal changes dramatically affect sleep quality.

Estrogen decline reduces REM sleep and increases nighttime awakenings. Understanding helps adaptation.

Common Sleep Challenges:

• Hot flashes disrupting sleep cycles

• Night sweats causing frequent waking

• Racing thoughts and anxiety

• Early morning awakening

• Difficulty falling back asleep

Sleep Architecture Changes:

- Less deep sleep (stages 3-4)

- More light sleep (stages 1-2)

- Reduced sleep efficiency

- Increased sleep fragmentation

Chapter 2: Sleep Hygiene Checklist

Optimize your sleep environment and habits.

BEDROOM OPTIMIZATION:

- Room temperature 65-68°F (18-20°C)
- Blackout curtains or sleep mask
- White noise machine or earplugs
- Comfortable, supportive mattress
- Cooling pillows and bedding
- Remove electronic devices

EVENING ROUTINE:

- Digital sunset 1 hour before bed
- Dim lighting after sunset
- Warm bath or shower
- Herbal tea (chamomile, passionflower)
- Gentle stretching or yoga
- Reading or meditation
- Gratitude journaling

Chapter 3: Relaxation Techniques

Master these techniques for faster sleep onset.

4-7-8 BREATHING:

1. Inhale through nose for 4 counts
2. Hold breath for 7 counts
3. Exhale through mouth for 8 counts
4. Repeat 4 cycles

PROGRESSIVE MUSCLE RELAXATION:

1. Start with your toes
2. Tense for 5 seconds, then release
3. Move systematically up your body
4. End with facial muscles

VISUALIZATION TECHNIQUE:

Imagine a peaceful place in vivid detail.

Engage all five senses in the visualization.

Chapter 4: Natural Sleep Aids

Hormone-friendly options for better sleep.

HERBAL SUPPORTS:

• Valerian root (300-600mg before bed)

• Passionflower tea (1 cup evening)

• Chamomile extract (200-400mg)

• Lemon balm (300-500mg)

NUTRIENTS FOR SLEEP:

• Magnesium glycinate (200-400mg)

• L-theanine (100-200mg)

• Melatonin (0.5-3mg, 2 hours before bed)

FOODS THAT PROMOTE SLEEP:

• Tart cherry juice (natural melatonin)

• Almonds (magnesium source)

• Kiwi fruit (serotonin support)

Chapter 5: Sleep Tracking & Troubleshooting

Monitor progress and address specific issues.

WEEKLY SLEEP LOG:

Bedtime: _____ Wake time: _____

Time to fall asleep: _____ minutes

Number of awakenings: _____

Sleep quality (1-10): _____

Morning energy (1-10): _____

EMERGENCY SLEEP RESCUE:

If awake for 20+ minutes:

1. Get out of bed
2. Do quiet activity (reading, meditation)
3. Return to bed when sleepy
4. Avoid checking time
5. Practice self-compassion