1. **Some tips to help you sleep**

**（1）Regular Routine:** Maintaining a consistent daily schedule helps regulate your body's internal clock, making it easier to fall asleep and wake up at the desired times.

**（2）Soft Music:** Listening to gentle, soothing music before bedtime can relax your mind, reduce stress, and create a tranquil atmosphere conducive to sleep.

**（3）Warm Bath:** Taking a warm bath before bedtime can help relax your muscles, lower your body temperature, and prepare your body for a restful night's sleep.

1. **Literature Review：**

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[3] Gao, C., Fillmore, P., & Scullin, M. K. (2020). Classical music, educational learning, and slow wave sleep: A targeted memory reactivation experiment. Neurobiology of learning and memory, 171, 107206.

[4] Buxton, O. M., Chang, A. M., Spilsbury, J. C., Bos, T., Emsellem, H., & Knutson, K. L. (2015). Sleep in the modern family: protective family routines for child and adolescent sleep. Sleep health, 1(1), 15-27.

[5] Majorovas, V. (2023, September 14). "How Sounds and Music Affect Sleep." Health News. <https://healthnews.com/sleep/sleep-hacks/how-sounds-and-music-affect-sleep/>

[6] Firdaus, F. A., Khaerunnisa, R. N., & Ariyanto, H. (2020). The effect music therapy on quality of sleep. Genius Journal, 1(1), 23-31.

[7] Kanda, K., Tochihara, Y., & Ohnaka, T. (1999). Bathing before sleep in the young and in the elderly. European journal of applied physiology and occupational physiology, 80, 71-75.

1. **interview**

(Cheng Li, professor)

**1. Many individuals during menopause and andropause report a decline in sleep quality. Can you share some methods or habits to tackle this challenge?**

Answer: I am indeed experiencing some symptoms of insomnia and a decline in sleep quality. I choose to ***listen to some soft and soothing music*** before going to bed to promote sleep. I try to ***keep my routine*** as regular as possible, avoiding going to bed too early or too late.

**2. Faced with the physiological changes of menopause and andropause, many find their sleep patterns shifting. What advice do you have to help them return to a regular sleep schedule?**

Answer: I believe they should ***maintain a regular routine***, avoid staying up late, and ensure 8 to 9 hours of sleep every day.

**3. During menopause and andropause, many complain about difficulty falling asleep at night or waking up frequently. Are there specific strategies or habits that can help improve these sleep issues?**

Answer: I believe one can listen to ***some soft music or take a warm bath*** before going to bed. Alternatively, clear your mind before sleep and avoid thinking about the day's worries.

**4. Insomnia or disrupted sleep can be a concern during these hormonal transitions. Are there any nighttime rituals you’d recommend to combat these sleep disturbances?**

Answer: For example, one can consider meditating or practicing deep breathing exercises before sleep, listening to some ***soft music***, reading a relaxing book, or taking a warm bath to help relax the body and calm the mind. It's advisable to avoid drinking coffee or milk tea in the evening, as they can easily lead to insomnia.

**5. Sleep disturbances can often be addressed with certain therapeutic activities. Which of these activities do you find most effective for those experiencing menopause and andropause sleep disruptions?**

Answer: I believe one can meditate and ***practice deep breathing before sleep, take a warm bath***, and engage in some deep reading. This can promote sleep and eliminate reading disturbances.

**6. Many individuals going through menopause and andropause report inconsistent sleep or difficulty achieving deep, restorative sleep. What strategies or nighttime rituals can you recommend to promote better sleep during these stages?**

Answer: I believe it's crucial to first avoid watching short videos and reading fragmented information, as these can easily lead to overthinking. Drinking a cup of warm milk before bed, ***taking a hot bath, and listening to soft music*** can promote sleep. Avoiding staying up late is a good way to improve sleep quality for those in menopause and, in fact, for everyone.

**(Wang Jianguo) Restaurant Manager**

**1. Many individuals during menopause and andropause report a decline in sleep quality. Can you share some methods or habits to tackle this challenge?**

Answer: I enjoy taking ***a hot bath*** in the bathtub, as I believe it promotes sleep. I think that taking a bath in the bathtub is more conducive to sleep than taking a shower.

**2. Faced with the physiological changes of menopause and andropause, many find their sleep patterns shifting. What advice do you have to help them return to a regular sleep schedule?**

Answer: I used to enjoy staying up late watching short videos, only to have to get up early for work the next day. This was detrimental to my health and affected my sleep. Therefore, I believe maintaining a regular routine is crucial. Ever since I committed to going to bed early and waking up early, both my sleep quality and overall health have improved significantly.

**3. During menopause and andropause, many complain about difficulty falling asleep at night or waking up frequently. Are there specific strategies or habits that can help improve these sleep issues?**

Answer: It's simple, really. Just maintain a regular routine, go to bed early wake up early, and don't be tempted by nighttime entertainment. For instance, if you need to get up at 8 in the morning, you must go to bed before 11 at night.

**4. Insomnia or disrupted sleep can be a concern during these hormonal transitions. Are there any nighttime rituals you’d recommend to combat these sleep disturbances?**

Answer: I listen to some light music before sleep to promote better rest, but I avoid watching movies or TV shows that leave a strong impression before bedtime. If there are negative scenes, I might have nightmares.

**5. Sleep disturbances can often be addressed with certain therapeutic activities. Which of these activities do you find most effective for those experiencing menopause and andropause sleep disruptions?**

Answer: Maintaining a regular routine and exercising are the most important. I believe one shouldn't rely on medication because it can become addictive.

**6. Many individuals going through menopause and andropause report inconsistent sleep or difficulty achieving deep, restorative sleep. What strategies or nighttime rituals can you recommend to promote better sleep during these stages?**

Answer: First, **taking a warm bath** and reading before bed, along with maintaining a regular schedule and avoiding medication interference. Stick to an early-to-bed, early-to-rise routine.