

INSOMNIA AND MENOPAUSE

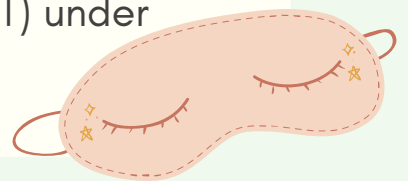
Why Menopause Causes Sleep Issues?

As estrogen and progesterone levels decline, sleep-regulating hormones are disrupted, leading to difficulty falling asleep and daytime fatigue.



Things You Need To Consider

- Cool your bedroom and wear light cotton clothes to combat night sweats and hot flashes for better sleep.
- Stick to a consistent sleep-wake schedule.
- Consider Hormone Replacement Therapy (HRT) under medical guidance.



Things You Need To Avoid

- Consuming too much caffeine
- Eat a heavy meal before bedtime
- Having irregular sleep schedule

Restore your sleep and well-being with personalized menopause care at Le Nest.

**DR. MUKESH GUPTA OBSTETRICIAN &
GYNAECOLOGIST**

