



Menopause Sleep Reset™

Choose a few supportive steps for tonight. Better sleep usually comes from a steadier rhythm, not a perfect routine.

1



DURING THE DAY

- ☐ Get morning or early daytime light
- ☐ Move your body in a way that feels manageable
- ☐ Keep caffeine earlier in the day
- ☐ Avoid saving most of your food for late evening

2



SET UP YOUR NIGHT

- ☐ Keep the bedroom cool, dark and quiet
- ☐ Use breathable bedding and easy-to-remove layers
- ☐ Place cool water or a small fan beside the bed
- ☐ Choose a consistent time to begin winding down

3



IF YOU WAKE UP

- ☐ Cool down and change damp clothing if needed
- ☐ Keep lights low and avoid checking the clock repeatedly
- ☐ Use slow breathing or a quiet, familiar activity
- ☐ If you remain wide awake, leave bed briefly and return when sleepy

4



THE NEXT MORNING

- ☐ Get up near your usual time
- ☐ Notice what may have disrupted your sleep
- ☐ Choose one adjustment for tonight
- ☐ Avoid judging the entire day by one difficult night

My Sleep Reset for Tonight

The two steps I will try are:

1. _____
2. _____



Talk With Your Healthcare Provider If...

Sleep problems are persistent, worsening or affecting daily life, or if you have loud snoring, gasping, restless legs, severe daytime sleepiness or symptoms of depression.



Gentle Reminder

Night sweats, stress, bladder symptoms, pain and sleep disorders can overlap. You may need more than one kind of support.

Martine's Midlife Wellness Tip

After a difficult night, return to your usual rhythm as gently as you can. Consistency helps your body find its way back to sleep.