

# Sleeplessness at the menopause

Submitted by: The Menopause Exchange

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Many women experience sleep problems around the menopause. If you struggle to get to sleep, or stay asleep, night after night, this can have a significant impact on your daily life. You may feel tired and irritable during the day – and may have poor concentration, which can lead to accidents. So what can you do to get a good night's sleep?

In the Autumn 2016 issue of The Menopause Exchange newsletter, Bristol GP Dr Gill Jenkins discusses insomnia at the menopause. She has some useful tips on keeping a sleep diary, assessing your lifestyle, getting back into a sleep routine and the different forms of medication available (over the counter from pharmacies and on prescription from your GP).

“Sometimes, sleep problems at the menopause are triggered by physical symptoms, such as hot flushes and night sweats or aches and pains,” says Norma Goldman, founder and director of The Menopause Exchange. “Or some women struggle to get to sleep, or wake early in the morning, because they’re feeling stressed, anxious or depressed. Fortunately there are several effective ways to combat insomnia at the menopause, including simple self-help measures called ‘sleep hygiene’.”

The Menopause Exchange, which was established in 1999, is completely independent and is not sponsored by any companies. It provides impartial, easily understood information to women and healthcare professionals. The Menopause Exchange quarterly newsletter contains articles written by top medical experts, such as gynaecologists, GPs, consultants, specialist menopause nurses, pharmacists, dietitians, complementary practitioners etc.

Other articles in the Autumn 2016 newsletter include going on HRT, hot flushes and night sweats relief without HRT and ovarian cancer, as well as recent news, book reviews, Ask the Experts Q&As and details of talks by Norma Goldman.

The Menopause Exchange quarterly newsletter is available via email for free. Sign up on our website, [www.menopause-exchange.co.uk](http://www.menopause-exchange.co.uk). Find us on Facebook and Twitter (@MenopauseExch).

For more information, write to The Menopause Exchange at PO Box 205, Bushey, Herts WD23 1ZS, call 020 8420 7245, or e-mail [norma@menopause-exchange.co.uk](mailto:norma@menopause-exchange.co.uk).

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## NOTES FOR EDITORS

1. The Menopause Exchange was launched in June 1999.
2. Articles in previous issues of The Menopause Exchange newsletter include: Premature menopause; Who can't take HRT?; CBT and mindfulness at the menopause; Bladder problems; The menopause after cancer therapy; The menopause at work; The menopause: a partners guide; Menopause consultations; Vitamin D.
3. The founder and director of The Menopause Exchange is Norma Goldman, a pharmacist with a Master's degree in health promotion. She gives talks on the menopause to employees in the workplace and hospitals, women and women's groups, healthcare professionals, GP practices, organisations, health clubs and at

exhibitions. Her daughter, Victoria, the editor of the newsletter, is an experienced health journalist with a BSc. degree in Biomedical Science and a Master's degree in Science Communication.

4. The aim of The Menopause Exchange is to raise the awareness of the menopause among women, healthcare professionals (e.g. nurses and pharmacists) and complementary practitioners.

5. All press enquiries to Norma Goldman on 020 8420 7245.