MENOPAUSE AND SLEEP

It may be hard to fall asleep or stay asleep at night.



I may even take a nap

during the day.



I should go to sleep at the same time every night.



I may wake up to use the toilet.



When it is time for bed, I should do something to help me relax.



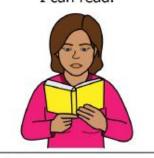
Trouble sleeping can happen to all women as they go through menopause.



I may wake up because of night sweats.



I can read.



If I have questions, I can talk with a trusted adult like my family, staff, or doctor.



I may feel tired during the day.



I can listen to music.



It is ok to find time to relax during the day.



I could even meditate or pray.

