

Better Sleep During Menopause

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Sleep Hygiene Checklist:

Evening Routine:

- No caffeine after 12 PM
- No screens 1 hour before bed
- Light dinner at least 2 hours before bed
- Warm bath or shower before bed
- 10 min deep breathing or meditation

Bedroom Setup:

- Temperature: 18-20 C
- Complete darkness
- Cotton bedding for night sweats
- Keep a cool towel by the bed

Supplements that may help:

- Magnesium glycinate: 200-400mg
- Ashwagandha: 300mg before bed