

10 Tips for a Good Night's SLEEP

As we grow older we seem to require less sleep; although it doesn't always feel that way, especially when the alarm goes off!

And in menopause, the swinging hormones, just as in PMS (premenstrual syndrome) and maybe in pregnancy as well, can make **sleep disturbances** more common.

It may seem, as we age, that our sleep becomes lighter. We may not sleep as soundly because of hot flushes or night sweats; and in menopause we find we start snoring and wake ourselves up!

- ~ You may have a **health condition** making it difficult to sleep. Visit your doctor or, even better, find a herbalist or homeopath who can help you through herbal or homeopathic remedies and diet. **Focus on the management of any underlying issues or conditions.**
- ~ **Limit your caffeine and alcohol intake.** Don't drink coffee later than the early afternoon and avoid excess alcohol which is a stimulant, not a relaxant.
- ~ **Create a sleep schedule.** Decide on a reasonable bed-time & stick to it, every night.
- ~ If you have trouble sleeping at night, **taking a nap may aggravate your insomnia.**
- ~ **Start a Gratitude book** and before you switch off your light, write **10 things** that happened during the day for which you are grateful.
- ~ **Keep a journal.** Writing in a journal regularly will help you work through any daily irritations or perceived problems.
- ~ **Do NOT exercise** within four hours of your bed-time.
- ~ **Meditate** or practice some relaxation exercises.

And if you really can't sleep, get out of bed, read something **incredibly boring**, and go back to bed **when you start to feel drowsy.**

Don't lie awake in bed- you'll start to feel **stress & anxiety** because you can't sleep, and because you're **worrying** about how tired you'll be tomorrow.

