

The Menopause and Sleep Disturbance

Many women notice specific problems of night sweats and hot flushes during the menopausal transition. This is due to the considerable hormonal fluctuations that occur. In particular **follicle stimulating hormone** (FSH) rises and the level of oestradiol falls.

A significant number of menopausal women report difficulty falling off to sleep and difficulty staying asleep that starts around this time.

This may be the trigger for more persistent difficulties with sleeping and a trigger for insomnia. If this is the case, then cognitive behavioural therapy (the treatment used in Sleepstation) will work well to decrease the arousal threshold and consolidate sleep.

There are a number of medical therapies for troublesome perimenopausal symptoms including **hormone replacement therapy**(HRT). These need to be prescribed by a doctor and only after a careful discussion of the relative benefits and side effects.

