





# MENOPAUSE AND SLEEP

<p>It may be hard to fall asleep or stay asleep at night.</p> 	<p>I may wake up to use the toilet.</p> 	<p>I may wake up because of night sweats.</p> 	<p>I may feel tired during the day.</p> 	<p>It is ok to find time to relax during the day.</p> 
<p>I may even take a nap during the day.</p> 	<p>When it is time for bed, I should do something to help me relax.</p> 	<p>I can read.</p> 	<p>I can listen to music.</p> 	<p>I could even meditate or pray.</p> 
<p>I should go to sleep at the same time every night.</p> 	<p>Trouble sleeping can happen to all women as they go through menopause.</p> 	<p>If I have questions, I can talk with a trusted adult like my family, staff, or doctor.</p> 