



Sleep Strategies for Hot Flashes & Night Sweats (Perimenopause & Menopause)

Why sleep is harder right now:

During perimenopause and menopause, hormonal changes can trigger hot flashes, night sweats, and frequent awakenings. This is very common—and treatable.

1. Cool the Body

- Keep bedroom cool (65–68°F if possible)
- Use layers you can remove easily
- Choose breathable fabrics (cotton, bamboo)
- Use a fan (directed toward your face can help)
- Consider a cool shower before bed
- Use a cooling blanket or topper that is not shared with a partner
- Keep bed near a window if airflow helps

2. Make Night Wakings Easier

- Use a dim night light instead of bright lights
- Keep water, towel, and extra clothing nearby
- Change quickly and return to bed without fully waking up

3. Calm the Mind

Common thoughts: “I’ll never sleep again” or “I’ll be exhausted tomorrow”

Try shifting to:

- “My body knows how to sleep”
- “Rest is still helpful”

Apps like Calm, Headspace, insight timers have sounds that can help promote sleep

4. Wind-Down Routine

- Keep consistent sleep and wake times
- Dim lights 1 hour before bed
- Limit screens
- Try reading, stretching, or breathing exercises

5. Reduce Triggers

- Avoid caffeine after noon
- Limit alcohol
- Avoid activities other than sleep or sex in your bed
- Avoid heavy meals before bed



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6. If You Can't Sleep

- Get out of bed if awake too long
- Do something calm in low light
- Avoid checking the clock
- Try slow breathing (inhale 4, exhale 6)

7. Sleep Environment & Partner

- Use the bed only for sleep and sex
- Discuss temperature and comfort needs with partner
- Consider separate blankets or adjustments to reduce disruption

When to Get Support

Talk to your provider if symptoms persist or worsen.

Options may include therapy for insomnia or treatment for hot flashes.

Bottom Line

Sleep disruption in menopause is common, but it can improve with the right strategies.