



Sleep Services for Adults provided by the Scottsdale Sleep Center:

Women & Sleep

Women's Unique Sleep Experiences

Getting the right amount of sleep is vital, but just as important is the quality of your sleep. Biological conditions unique to women, like the menstrual cycle, pregnancy and menopause, can affect how well a woman sleeps. This is because the changing levels of hormones that a woman experiences throughout the month and over her lifetime, like estrogen and progesterone, have an impact on sleep. Understanding the effects of these hormones, environmental factors and lifestyle habits can help women enjoy a good night's sleep.

Fortunately, there are a number of approaches to improving sleep, including those you can do yourself such as exercise, establishing regular bed and wake times, dietary changes (less or no caffeine and alcohol) and improving your sleep environment. One recent study found that overweight, pre and post menopausal women who exercise in the morning experience less difficulty falling asleep and better quality sleep than evening exercisers.

Other sleep tips include:

- Avoid large meals, especially before bedtime. Some foods that are spicy or acidic may trigger hot flashes. Try foods rich in soy as they may minimize hot flashes.
- Reduce stress as much as possible. Try relaxation techniques, massage and exercise. Talk to a behavioral health professional if you are depressed, anxious or having problems.
- Dress in lightweight clothes to improve sleep efficiency. Avoid heavy, insulating blankets and consider using a fan to cool air and increase circulation.

Please contact the Scottsdale Sleep Center at (480) 767-8811 for more sleep tips or information.

