

Growing with grace



"Embrace the women you are becoming, she is magnificent."



7 Ways to improve sleep during menopause.

A Practical Guide for Women Navigating Perimenopause and Menopause

By Tanya Bamber

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INTRODUCTION

Sleep problems are one of the most common complaints during perimenopause and menopause. Night sweats, anxiety, waking in the early hours, and trouble falling asleep can all leave you feeling drained. The good news is that small, consistent changes can make a real difference to your sleep quality.

This short guide gives you 7 practical ways to support better sleep during menopause, without overwhelm or unrealistic expectations.

1. KEEP YOUR BEDROOM COOL

Temperature matters more than many women realise. A cool bedroom, breathable bedding, and lightweight sleepwear can help reduce the impact of night sweats and make it easier to stay asleep.

Try opening a window, using a fan, or switching to natural fabrics such as cotton or bamboo. Even a small adjustment in your sleep environment can make nights feel more manageable.

2. STICK TO A REGULAR SLEEP SCHEDULE

Going to bed and waking up at the same time each day helps train your body to expect sleep. This regular rhythm can improve sleep quality over time, even if your nights are currently disrupted.

Aim for consistency on weekdays and weekends. A predictable routine is often more effective than trying to "catch up" on sleep in one long lie-in.

3. BUILD A WIND-DOWN ROUTINE

Your body needs time to shift from "doing mode" to "sleep mode." A calming pre-bed routine can help lower stress and signal that it is time to rest.

You might try reading, gentle stretching, a warm bath, breathing exercises, or soothing music. The key is to repeat the same relaxing pattern most evenings so your brain associates it with sleep.

4. REDUCE SCREENS BEFORE BED

Phones, tablets, laptops, and TV can keep your brain alert when it should be slowing down. Limiting screen use in the hour before bed may help you fall asleep more easily.

If you rely on your phone at night, try switching to dim light, reducing notifications, or keeping devices out of the bedroom. A calmer evening environment often leads to calmer sleep.

5. WATCH CAFFEINE, ALCOHOL, AND HEAVY MEALS

Caffeine, alcohol, and late heavy meals can all interfere with sleep. They may also worsen night sweats, reflux, or early waking.

Try reducing caffeine after lunchtime, avoiding alcohol close to bedtime, and eating your evening meal earlier if possible. If you need a snack, choose something light rather than rich or spicy.

6. MOVE YOUR BODY DURING THE DAY

Regular exercise supports better sleep, but timing matters. Daytime movement can help regulate mood and sleep pressure, while intense workouts too close to bedtime may make it harder to settle.

Walking, yoga, strength work, stretching, or swimming can all be useful. The goal is not perfection — it is helping your body feel more balanced and tired at night in a healthy way.

7. REDUCE NIGHT-TIME DISRUPTIONS

Sometimes the problem is not just falling asleep, but staying asleep. Waking to use the bathroom, overheating, anxiety, or discomfort can all break the sleep cycle.

Try limiting fluids a little earlier in the evening, emptying your bladder before bed, and using practical comfort measures such as a fan, cool water by the bed, or layered bedding. Small changes can reduce the number of times you wake up.

FINAL THOUGHTS

Menopause sleep issues are common, but they are not something you simply have to endure. Better sleep usually starts with small habits, repeated consistently, rather than drastic changes.

If your sleep problems are severe, persistent, or affecting your daily life, it is important to speak with a healthcare professional.

A SIMPLE START

Choose just one change this week:

- ✓ Keep the bedroom cooler
- ✓ Turn screens off 30–60 minutes before bed
- ✓ Set a consistent bedtime
- ✓ Cut caffeine after lunch
- ✓ Add a short wind-down routine

Small steps matter, especially during menopause.

TAKE YOUR SLEEP SUPPORT TO THE NEXT LEVEL

You deserve to feel rested, energised, and confident during this stage of life. But navigating perimenopause and menopause alone can leave you feeling isolated, frustrated, and exhausted.

That's where I come in.

MY 1:1 MENOPAUSE COACHING

Through personalised, evidence-informed coaching, I help women:

- Understand what's happening in their bodies during perimenopause and menopause
- Regain energy, clarity, and confidence
- Navigate work and life with practical, realistic strategies
- Feel supported instead of struggling in silence

My coaching is tailored to your unique symptoms, lifestyle, and goals. No generic advice. No one-size-fits-all solutions. Just real support for real women.

CAYLA CONNECT — YOUR MENOPAUSE COACHING PLATFORM

Cayla Connect is my dedicated coaching platform designed to support women through every stage of the menopause transition.

With Cayla Connect, you'll have access to:

- Structured coaching programmes for perimenopause and menopause
- On-demand resources: stretching, yoga, breathing, and mindfulness
- Practical tools for sleep, energy, mood, and workplace wellness
- A supportive space where you can speak openly with your coach without judgement
- Direct access to me for personalised guidance and accountability

Whether you're just starting to notice symptoms or you've been struggling for years, Cayla Connect is here to help you feel less alone and more in control.

YOUR NEXT STEP

If you're ready to stop guessing your way through menopause and start feeling supported, let's talk.

send me a personal email at: tanya.bamber@gmail.com to learn about my 1:1 coaching packages

OR visit www.cayla-app.com to explore Cayla Connect

You don't need to figure this out alone.
You don't need to struggle in silence.
And you certainly don't need to do it alone.

Let's start your journey to better sleep, more energy, and renewed confidence.

ABOUT TANYA

Tanya is a menopause coach, women's health advocate, and the creator of Cayla Connect. With over 25 years in corporate marketing and digital health entrepreneurship, she helps women navigate perimenopause and menopause with personalised coaching, evidence-informed guidance, and practical strategies for work and life.

She specialises in supporting women in the workplace, creating coaching programmes that combine health advocacy, lifestyle changes, and mindset work to help women feel confident and supported during this transition.

Learn more: www.cayla-app.com

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