

Sweeter Dreams during Menopause

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Menopause is a rite of passage in a women's life hallmarked by changes in hormonal regulation which cause a multitude of physical and psychological changes. As a woman progresses through her perimenopausal transition and into menopause there are notably symptoms that occur such as hot flashes, night sweats, and mood changes. However, more women have insomnia and sleep disordered breathing than any of these other symptoms. Lack of good sleep contributes to depression, anxiety, fatigue, and performance. As more research is being done, it is becoming clearer that it is not necessarily the amount of sleep that is the problem, but the quality. As we are identifying the physiologic changes behind these symptoms, we can develop ways to help arm the patient and physician to treat them and improve quality of life.

The aim for this minipresentation is to discuss how menopause and sleep disorders are interconnected including physiologic changes, and suggestions for improved sleep-medical and nonmedical options.