Sleep log

Two weeks of nights, so the pattern becomes visible rather than remembered.

WHY LOG IT

Perimenopausal sleep breaks through more than one mechanism at once. Logging it shows you which one is dominant for you, which decides what is worth trying. It is also the information a clinician needs if you want to be referred for the behavioural protocol.

DATE	TIME TO SLEEP	WOKE AT (TIMES)	HOT OR SWEATING?	HOW I FELT NEXT DAY

What to look for after two weeks

- **Mostly waking at a similar time, hot.** Thermoregulation is the dominant mechanism. Treating night sweats will help the sleep.
- **Trouble falling asleep rather than staying asleep.** More likely an arousal and anxiety pattern. CBT for insomnia targets this directly.
- **Waking unrefreshed without remembering waking.** Sleep is being fragmented without you noticing. Worth raising specifically.

Worth trying while you log

- A cooler bedroom and natural fibre bedding, which targets the mechanism rather than working around it
- Moving your last caffeine earlier. Its half life is five to six hours
- Noticing what alcohol does to the second half of your night

> **ASK ABOUT CBT FOR INSOMNIA**
>
> It is recommended by NICE for sleep disturbance in the menopause transition, and it outperforms sleep medication at long term follow up. A lot of women are never told it exists.

NOT MEDICAL ADVICE. Educational content only. Many symptoms have causes other than perimenopause, including thyroid disease, anaemia and diabetes. Please speak to your GP about anything that concerns you. · Module 3 · navigare-vela.com